

# SELF

[ GYM / WORK / LIFE ]

# GO FOR IT!

**211** GENIUS WAYS  
TO GET IT  
ALL #DONE

**The  
End of  
Dieting?** P. 110

+ **ABS LAB**

**4 MOVES, SEXY RESULTS**

**JESSICA  
ALBA**

Passion, Grit  
& A Billion  
Dollar Brand

**SHINY  
HAIR,  
PERFECT  
SKIN**



SHAZAM THE  
COVER TO  
GET UP & OUT  
WITH JESSICA!  
P. 10





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just as hard for

# YOU.



(OCTOBER)

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**“The first time I went  
to Anna’s class,  
I felt like Beyoncé.”**

*—Ashley Graham, model (left,  
with instructor Anna Kaiser)*



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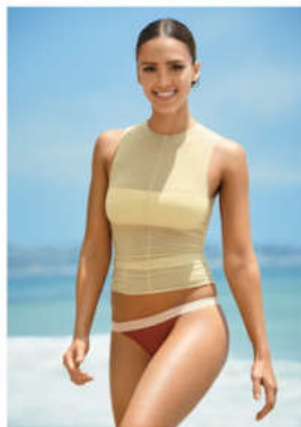
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**Photographed by Gilles Bensimon in Malibu, California.** Styling, Melissa Ventosa Martin; hair, Renato Campora for Wella Professionals; makeup, Monika Blunder at The Wall Group; manicure, Ashlie Johnson for Chanel Le Vernis; production, GE-Projects.

**CLOTHES** Top, Narciso Rodriguez. Bottom, Cali Dreaming. See Get-It Guide.

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This month,  
read an excerpt  
from *Big Magic*,  
Elizabeth  
Gilbert's new  
book, at  
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bigmagic](http://Self.com/go/bigmagic).

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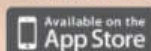
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Spinning around with SoulCycle super instructor Stacey Griffith

EXCUSE THE FOOTWEAR! WE WERE RIFFING ON THE SHOOT FROM PAGE 100.

## EDITOR'S LETTER

# SELF MADE MAGIC!

This issue marks my first anniversary at SELF. A lot can happen in a year (see right!). What I've learned is that hard work is only part of the success equation. Finding the fun in the everyday and sticking with your mission are two other pieces of the puzzle. *Our* mission is to help you realize your SELF Made dreams, like our cover star, Jessica Alba, who makes the seemingly impossible possible (running a billion-dollar business, raising a beautiful family *and* having time to work out!). Read her story (page 96), then check out the special section we've created to help shape your own ideas into an action plan (page 69).

Motivation and inspiration can come in many forms. The super instructor (page 100) is someone who has the ability to transform a workout into so much more. I'm a believer. The picture above is me with Stacey G., my favorite Spin instructor, after a very sweaty class. I'm not wearing a stitch of makeup, but I feel like a million bucks and I'm ready to take on anything. If that's not magic, I don't know what is.

*Joyce*

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### THINK PINK

I'm in love with this pretty shade. Plus, 20 percent of sales goes to the Breast Cancer Research Foundation. **Tory Burch Lip Color** in Ramble on Rose, \$32; [ToryBurch.com](http://ToryBurch.com)

## My first year at SELF

OCTOBER 2014



FULL CIRCLE: THIS TIME LAST YEAR, ALBA JOINED ME ON A PANEL TO TALK LIFE BALANCE.

DECEMBER



920

NUMBER OF CRATES IT TOOK TO MOVE FROM OUR OLD OFFICES TO 1 WORLD TRADE CENTER

JANUARY

Our New Year's resolutions: Love your body and make time for yourself!

MARCH

WE RELAUNCHED SELF.COM—DAY 1 TRAFFIC TRIPLED.

APRIL

1,300

PRODUCTS VETTED FOR OUR SELF APPROVED BEAUTY AWARDS

MAY

WE WON THE AWARD FOR REDESIGN OF THE YEAR (YAY US!).

JUNE

3,000

people attended our first Up & Out Studio event. (Stay tuned for info on our next one!)

JULY

I WENT TO THE FIFA WOMEN'S WORLD CUP AND SAW TEAM USA MAKE HISTORY.

OCTOBER 2015

THE NEW SELF TURNS 1! IT'S ONLY THE BEGINNING...



CLOCKWISE FROM TOP LEFT: COURTESY OF GENEVIEVE ROTH, GETTY (2); LUCAS VISSER/CNP DIGITAL STUDIO, TOM GORMAN, GETTY (2); PHIL OH, TOM GORMAN (2); STYLING, PAUL PETZY.



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ANAI'S NIN, AUTHOR



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A high-angle, black-and-white photograph of two women running up a wide set of concrete stairs. The woman on the left is wearing a blue and white long-sleeved athletic top and dark leggings, with her hair in a ponytail. The woman on the right is wearing a bright green long-sleeved athletic top and dark leggings. Both are captured in mid-stride, moving away from the camera. The stairs have a dark metal railing on the right side. The overall mood is energetic and focused.

# (SELF) STARTER

## TAKING CARE OF BUSINESS

➔ *You don't need an MBA to know that there are big benefits to connecting with colleagues over a workout.*

*But what's the protocol?* BY LESLIE GOLDMAN

Exercise is scientifically proven to improve executive brain function—the mental skill set you use to focus, organize information and manage time. And doing it with a coworker only boosts the benefits. “Exercising together takes your relationship to the next level: You inevitably talk about things other than work, and you get a rush and celebrate with a high five at the end,” says Jessica Alter, CEO of a networking platform for entrepreneurs called FounderDating. But as powerful as “sweatworking” can be for your career, it can be equally awkward.

(For one, you need a game plan for dealing with freshening up post-workout—otherwise, you may both find yourselves in a tiny locker room wearing even tinier towels.) Here's how to #WorkIt. BUSINESS > 18

Photographed by JUSTIN STEELE  
Styled by TAYLOR OKATA

OCTOBER 2015 / SELF 17



## Choose the right workout

Ask your colleague if there's an activity she loves or a new class she wants to try, says Amanda Freeman, the entrepreneur behind New York City boutique-studio chain SLT, where many duos sweat and then do business. Going with one of these options? Keep a few things in mind:

**RUNNING** As long as you're similarly paced, this is the ideal way to catch up. Run slowly enough that you can both talk without feeling breathless.

**SPIN, BOOT CAMP, ETC.** The music tends to be loud and talking is discouraged, so meet at the studio 15 minutes before class begins to stretch and chat.

**YOGA** Because yoga can sculpt without much sweat, you'll avoid any potentially awkward locker-room situations. You may not be able to talk before or during the session, so budget time to grab a juice afterward.

## Make an after plan

It's always good form to offer to treat a colleague or client to a postworkout smoothie, but ask her in advance if she'd rather go sweaty or shower first. "If she wants to freshen up, you should, too," says avid sweatworker Elisette Carlson, founder of the marketing firm Smack! Media. "Bring something simple to change into—like a tunic dress—so you can get in and out of the locker room quickly."

## Keep it going

Connecting on social channels helps cement your relationship, says Beth Bridges, author of *Networking on Purpose*. So ask if you can share a workout selfie—tagging her. Or email the next day to ask, "Are you as sore as I am?" It organically boosts your bond and continues the conversation.



**SKIP THE LONG WAIT**  
Getting into a doctor's office takes 18.5 days, on average.

# CALL YOUR DOCTOR...

➔ ...Or just try one of these apps. They let you order a consultation—or even a live M.D.—in no time, depending on your health issue. Consider this your referral. BY LISA HANEY

	If you're too busy to get to the doctor	If you feel like you're getting another UTI	If you're breaking out in a rash
DOWNLOAD	<b>HEAL</b> (iOS, Android) available in select cities	<b>MAVEN</b> (iOS) nationwide, but scripts only in the Northeast	<b>SPRUCE</b> (iOS) in 13 states; more coming soon
WHAT IT DOES	Use this Uber-like app to summon a doctor to your home, office or hotel within an hour. Heal docs can do a full physical, some urgent care like stitches and prescribe some meds.	Book a video appointment with an ob/gyn who can prescribe antibiotics (or Pill refills) for pharmacy pickup. Also handy for sexual-health questions.	Submit photos of affected skin plus your medical history and a dermatologist will send a treatment plan within 24 hours. Scripts will be sent to your pharmacy (Accutane excluded).
COST	\$99 per visit (plus \$19 for Rx delivery)	\$35 for 10 minutes with a doctor	\$40 per appointment

**NOTE** If your issue is life-threatening, go to the ER, stat! For complex matters, call your primary-care doc, advises James Beckerman, M.D., a cardiologist in Portland, Oregon. And a suspicious mole or lesion should be evaluated in person, says Mona Gohara, M.D., associate clinical professor at Yale School of Medicine.



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Dirty Hair



After using  
Dry Shampoo





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MEAT?



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for dogs with character.™

(SELF) STARTER

# HEALTHY NOW

→ The latest ideas to live better this month

## Hair of the dog

Thinking of adopting a pet? Owning a dog is associated with a reduced risk for allergies, studies show. The theory is that animals introduce different kinds of microbes to your household (and your gut) that boost your tolerance for potential allergens, explains Susan Lynch, Ph.D., a microbiologist at the University of California in San Francisco. She's studied the effect on adult mice, but given emerging research about the human gut, this finding could potentially help prevent and manage allergies in humans as well.



253%

The increase in matcha drink sales (e.g., bottles) from 2013 to 2014

SOURCE: SPINS, 2014 SALES DATA

## Nicer rices

Rice is versatile, full of vitamins and, incidentally, gluten-free. But it picks up arsenic, including the more toxic "inorganic" kind, from the soil and water in rice paddies. The amount depends on type (the toxin concentrates in the grain's outer layers, which are removed to make white rice) or where it's grown (rice from California, India or Pakistan generally has less arsenic than rice from Arkansas, Louisiana or Texas). No need to stop eating it, says Urvashi Rangan, Ph.D., executive director of the Food Safety and Sustainability Center at *Consumer Reports*. Just follow her group's advice (below).

MORE MAXIMUM SERVINGS PER WEEK LESS

Basmati/ Texmati (4.5) Sushi (4.5) Jasmine (2) Long grain (2) (nonaromatic) Brown rice (2)



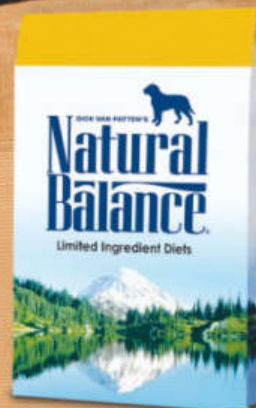


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leash? Tell me  
that's a leash.



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CHEAT SHEET

# A BETTER CATCH

➔ *Choosing the healthiest seafood can be tricky: While many fish are high in protein and omega-3 fatty acids, some contain unwanted levels of toxins. These tips will make your decision easier.* BY SUZANNAH EVANS

## The usual

**SHRIMP**/They're loaded with protein and vitamin D. Too bad that a 2014 Oceana study found that 30 percent of shrimp in stores and restaurants were mislabeled or misrepresented—e.g., some were sold as wild-caught Gulf shrimp when they were actually farmed. (Most farmed shrimp come from polluted waterways in Asia and are heavily treated with antibiotics.)

**SWORDFISH**/It may be hearty and satisfying, but swordfish has been found to contain high levels of the industrial pollutant mercury, which it picks up by eating smaller contaminated fish. Mercury can harm development of the nervous system. That's why the FDA recommends that women who are pregnant or planning to conceive, as well as children, avoid swordfish altogether.

**ATLANTIC SALMON**/Salmon is a healthy-diet staple, but because it's raised in crowded offshore pens, farmed Atlantic salmon is sometimes given antibiotics to prevent disease. It's often imported (the name now refers to the species, not the ocean it came from); some nations may have looser restrictions on antibiotic use.

**TUNA**/Although it's a tasty and affordable source of lean protein, tuna has gotten a bad rap. The FDA does recommend that women limit consumption of *albacore* tuna, which can be high in mercury, to 6 ounces a week. Ahi, bigeye and yellowfin can also have unhealthy levels of toxins. However, canned light tuna, if not mercury-free, is still considered to be relatively low in mercury.

## The fresh pick

**OYSTERS**/These low-calorie morsels are excellent sources of omega-3 fatty acids as well as iron. And thanks to their short life cycle and algae-based diets, oysters are less likely to pick up harmful pollutants from their environment or their food. This makes them one of the healthiest types of seafood you can eat—cooked or raw.

**RAINBOW TROUT**/Protein-packed rainbow trout has flaky white or pink flesh and an almost nutty flavor; the freshwater variety tends to have a milder taste than seagoing trout (also known as steelhead). Either way, trout is a safe pick: The type you see at the market was likely raised in man-made rivers (called raceways) where it has little to no contact with pollutants like mercury.

**WILD ALASKAN SALMON**/All types of salmon are high in omega-3 fatty acids, as well as phosphorous and the essential vitamins D and B<sub>12</sub>. But most domestic salmon is wild Alaskan salmon, which swims free. Unlike its farmed cousin, this type of fish doesn't need a protective dose of antibiotics (or an artificial boost in color).

**FLOUNDER**/High in omega-3s and protein, yet low in calories, flounder is an ideal but often overlooked fish. Like other types of flatfish, flounder has niacin, B vitamins and phosphorus. It's also an excellent source of selenium, an essential mineral that works as an antioxidant to help fight damaging free radicals. As for mercury, flounder's levels are very low.

**2-3**  
weekly servings  
of seafood  
recommended  
by the FDA

**3.5**  
ounces of fish in  
one serving  
(about the size of  
a deck of cards)



SHAZAM THIS PAGE  
FOR HEALTHY,  
DELICIOUS FISH  
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# FITNESS INSIDER

→ This month's finds and trends will inspire you to recharge and get moving.



## relax

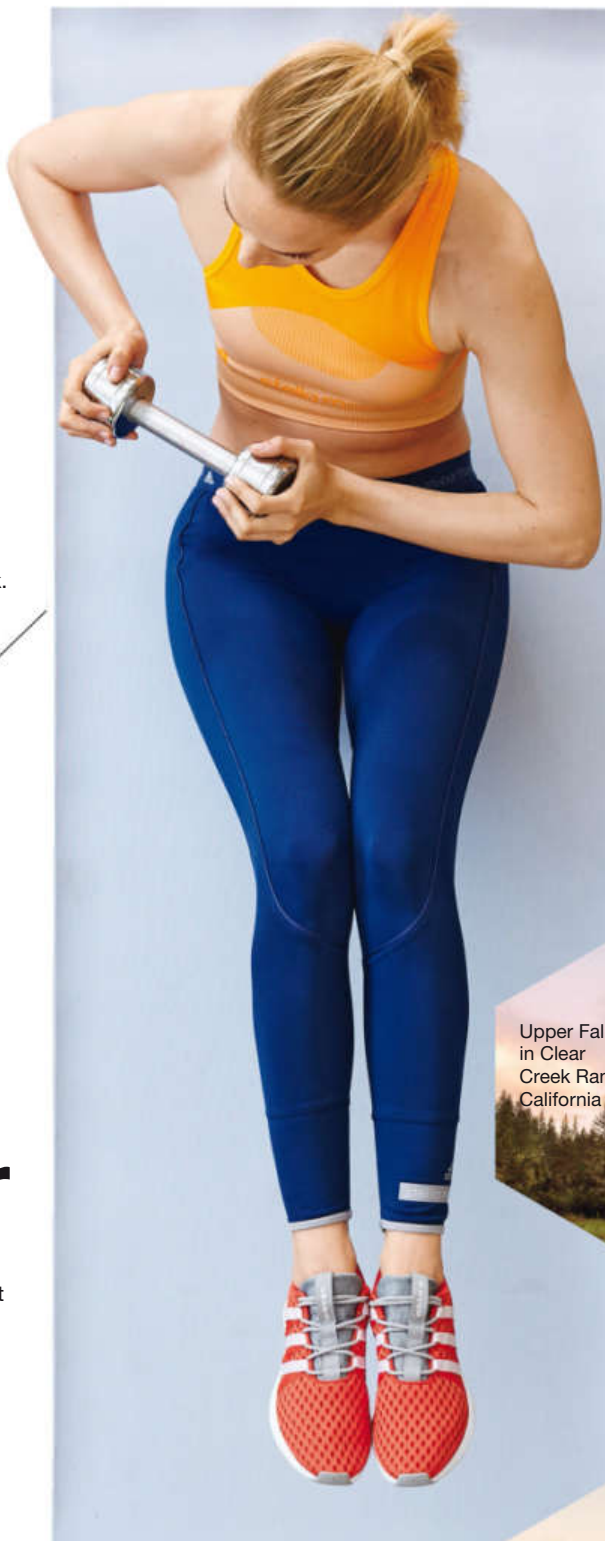
Citrus scents have proven stress-reducing benefits, so calm prerace jitters with the orange-oil-spiked products in **Mio Skincare's Run Faster kit**. Included are a muscle gel, cleansing wipes and a bath soak. **\$24; MioSkincare.com**

## UPGRADE

Tired of planks? Try a **Russian twist**, a move that builds core stability and tones obliques, says Geneva Simms, a trainer at New York City fitness studio Kore. Sit on floor, knees bent, balancing on glutes with heels lifted. Hold a weight in front of chest and slowly rotate to outer edge of hip. Return to center and rotate to other side for 1 rep. Do 3 sets of 8 reps.

## recover

A foam roller is effective for releasing tightness in large muscles, but it's not the handiest tool for small tension knots. Enter **Hyperice's Hypersphere** (\$149), a grapefruit-sized ball that uses high-frequency vibration to massage sore spots. Skier Lindsey Vonn is a fan. Available in November; **Hyperice.com/product.html**



## SHOP

**Lululemon** is rethinking the workout pant. The brand's new styles are based on how you want to *feel* during exercise (relaxed, held-in, hugged, naked or tight). The idea: Improving your mood can boost your performance. Options range from the lightweight Align Pant (\$98, perfect for yoga) to the high-compression Tight Stuff Tight (\$148, great for CrossFit).

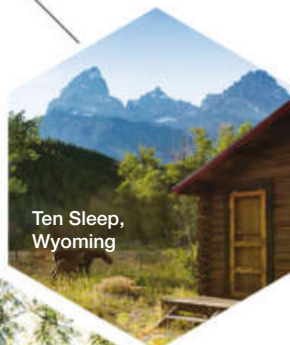
## CAMP

**Hipcamp.com** will help you prep for your next weekend of sleeping bags and s'mores. The site lets you search thousands of campsites by location, desired amenities and activities. Looking for a beach in California with access to hiking and showers? Hipcamp has more than 30 spots to choose from.

User reviews and photos make your search even easier.



Upper Falls in Clear Creek Ranch, California



Ten Sleep, Wyoming



Austin Creek, California



Monument Valley, Utah

GETTY IMAGES; JUSTIN STEELE; STYLING: LINDSEY FRUGIER; HAIR: TAKUYA SUGAWARA FOR AWEDA; MAKEUP: JUNKO KIOKA AT JOE MANAGEMENT FOR CHANEL; MODEL: SIERRA ANDERSEN AT WILHELMINA FITNESS. INSETS, CLOCKWISE FROM TOP LEFT: COURTESY OF TOBIN SANSON, COURTESY OF ERIC BACH, COURTESY OF SHELTER TENTS AND MOLLY DECOUDREAU, COURTESY OF JULIAN BIALOWAS. SEE GET-IT GUIDE.





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SELF APPROVED

# SPORTY SPAS

→ *Hike, plyo and Chaturanga your way to amazing shape at one of these challenging but luxe resorts.* BY TATIANA BONCOMPAGNI

## Mountain Trek

NELSON, BRITISH COLUMBIA

Days start at 5:45 A.M. at this intense, weeklong alpine retreat set in the beautiful Canadian Rockies (above). After breakfast and yoga, you'll hike 5 to 13 miles, depending on your fitness level, before heading back to a 15-room timber-frame lodge for a light lunch and afternoon fitness class. Nightly lectures focus on stress reduction, sleep and nutrition; dinners feature locally sourced fish and veggies. \$4,500 per week (all-inclusive); MountainTrek.com

## Hilton Head Health

HILTON HEAD ISLAND, SOUTH CAROLINA

This country club-style resort is perfect for jump-starting a healthier, more active lifestyle. Circuit training and cardio-boxing classes will help you rediscover your inner athlete—and your abs. From \$3,360 per week (seven-night minimum); HHHealth.com

## Mayflower Grace

WASHINGTON, CONNECTICUT

Unwind in the all-white, cozy-chic relaxation room or swim some laps in the airy indoor pool. A therapist can suggest foods, exercise classes and body treatments (think: algae or clay wraps) based on your health, goals and lifestyle. From \$510 per night; GraceHotels.com/Mayflower

## Miraval Resort & Spa

TUCSON, ARIZONA

This desert oasis has a spiritual vibe. Enjoy fragrant breezes—the resort's grounds are planted with mountain laurel and herbal shrubs—as you head to the fitness center for an hour of cardio drumming or indoor paddleboard yoga. Drop into any of 128 classes, or try cranial sacral therapy at the recently renovated spa. From \$619 per night (all-inclusive); MiravalResorts.com

## The Ranch at Live Oak

MALIBU, CALIFORNIA

The weeklong program at this hideaway outside Los Angeles includes daily hikes, fitness classes and yoga. Expect delicious vegan fare (pumpkin “meat loaf,” cauliflower-crust pizza) and bonding—only 16 guests visit at a time. \$6,800 for seven days, \$3,800 for four days (all-inclusive); TheRanchMalibu.com

## Rancho La Puerta

TECATE, MEXICO

Parkour courses, trail running and fresh-pressed juice are recent additions at this classic Spanish-colonial resort. Enjoy organic fruit and veggies grown on the property and choose from 75 fitness classes, then reward yourself with a four-handed massage. From \$3,250 per week (all-inclusive); RanchoLaPuerta.com

## SHA Wellness Clinic

ALICANTE, SPAIN

This sleek Spanish mecca has earned its spot on the spa-world map by blending cutting-edge science—genetic screenings and hormone profiles—with macrobiotic meals and five-star treatments. Fitness options range from pilates to personal training; a life-reset program launches this year. From \$284 per night, depending on exchange rates; SHAWellnessClinic.com/en



# TAKE YOUR HAIR TO PARADISE



HAIR THAT SMELLS AS GOOD AS IT FEELS



REPORT

# THE GIFT OF GOOD HEALTH

➔ Crowdfunding sites let you give back—and potentially save a life. Here's what to know before you click. BY SARAH ELIZABETH RICHARDS



Every few months, Lauren Baggett, 31, scrolls through stories on GiveForward.com from strangers raising money to cover health care expenses like cancer medication and surgery. Baggett, a pharmacist from Mobile, Alabama, gives \$20 to a few campaigns—like the one posted by parents of a 5-year-old in need of a heart transplant. “Even though I’ve never met them, I feel great knowing I made someone else’s life a little easier,” she says.

Charitable crowdfunding has become so popular that another site, GoFundMe, generated more than \$148 million from roughly 600,000 health-related campaigns last year. Nearly \$800,000 went to a mother and daughter injured in the Boston Marathon bombing; \$24,435 to help pay for the treatment of a 37-year-old woman with stage III breast cancer.

While it’s gratifying to help those who slipped through the cracks of the health care system, keeping these strategies in mind can make you a smarter Samaritan.

**UNDERSTAND HOW IT WORKS** Campaigns are typically set up by people seeking funds for a family member or friend. At first, the number of needy cases can be overwhelming. How to choose: Keep in mind that not every deserving fund-raiser has savvy marketing skills, although those cases tend to get the most attention, says Rebecca Dresser, a medical ethics professor at Washington University in St. Louis.

**USE SECURE SITES** In theory, online giving isn’t that different from community bake sales—a lot of people giving a few dollars each for a cause they support. Still, even when the amounts are small, beware of online fund-raisers who ask you to send cash or wire money directly. A safer bet: crowdfunding sites that verify the security of every transaction.

**TRUST YOUR INSTINCTS** The sites recommend prioritizing campaigns by people you know. Fraud does happen (like the

Texas woman who ran off with the \$4,600 she raised on another family’s behalf), but it’s reassuringly rare: GoFundMe and GiveForward have received—and resolved—just 15 complaints over the last three years. You could try Baggett’s strategy: “The campaigns I respond to have lots of specific details.” (And follow your heart, but consider saving fairy godmother-sized grants for organizations with more accountability.)

**MANAGE YOUR EXPECTATIONS** Unlike large nonprofits, crowdfunders aren’t expected or required to send receipts, updates or thank-you notes. So you might never find out if someone was able to afford her treatment or even whether it worked, and you may have to be content with imagining your impact. Baggett has heard back from only a few of the 15 campaigns she’s helped fund. “Asking for nothing in return is the purest form of unconditional love,” she says. ●



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# WHICH IS BETTER...

## *Bison or beef burger?*

**ORDER THE BISON.** Bison is usually grass-fed, so it stacks up well against a regular restaurant burger. Compared with beef, bison contains more of the heart-healthy omega-3 fatty acids EPA and DHA, says Wayne Askew, Ph.D., professor emeritus in the division of nutrition at the University of Utah. It also has more iron and less cholesterol. Feeding practices can vary, though, and some bison are fed grain in addition to grass. This can cause them to resemble beef in fat and fatty-acid content, Askew says. Opt for 100 percent grass-fed bison (or grass-fed beef!) whenever possible.



WHICH IS WORSE...

## **BEING TOO HOT or TOO COLD AT BEDTIME?**

**HEAT IS MORE DISRUPTIVE TO SLEEP.** “When you go to bed at night, your core temperature starts to drop. It’s that cooling sensation that helps you fall asleep,” says Cathy Goldstein, M.D., a sleep specialist at the University of Michigan Sleep Disorders Center. Your brain interprets warm temps as a sign that it’s not yet time to sleep, she says, and keeps you alert. If you doze off, you may have trouble falling into slow-wave sleep, which is deeper and more restorative. Sweating through your sheets under a hot blanket, say, can also wake you up at night. The ideal temperature feels relatively chilly: between 60 and 67 degrees. To keep your room at a snooze-inducing temperature, Dr. Goldstein suggests keeping shades closed during the day and turning on a fan at night if necessary.

## **TAKING COLD MEDS or TOUGHING IT OUT?**

**TREAT WHAT AILS YOU.** “There’s nothing wrong with minimizing symptoms so you can keep functioning,” says Holly Phillips, M.D., a general internist in New York City and a medical contributor for CBS News. Studies show that sleep deprivation suppresses immunity, so taking a medication at night that alleviates coughing or a stuffy nose can help you rest. Dr. Phillips recommends taking one medicine that targets your most bothersome symptom (e.g., expectorant for chest congestion). If you’re on multiple pills or all-in-one cold meds, you may accidentally double up on active ingredients like acetaminophen, leading to unwanted side effects. Take the smallest recommended dose for the shortest possible amount of time, she says.



We want to hear from you! Tweet @SELFmagazine with your #WhichIsBetter question.







MOMS DON'T TAKE SICK DAYS.



MOMS TAKE



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ACHING, SNEEZING,  
FEVER, COUGHING,  
SORE THROAT, ACHING,  
STUFFY HEAD, FEVER,  
CHEST CONGESTION, STUFFY HEAD,  
**NO SICK DAYS, BEST SLEEP WITH A COLD,  
MEDICINE. MEDICINE.**



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# HOT IN HOLLYWOOD

→ Stars can't get enough of these fitness, food and fashion trends. BY SARA GAYNES LEVY

## FRESH EATS

### BEAMING

This grab-and-go café is popping up all over the L.A. area, earning fans like **Chrissy Teigen**, **Reese Witherspoon** and **Ellie Goulding** with food-based cleanses that incorporate raw and organic soups, salads and smoothies in addition to juice. "Cleansing should be enjoyable and not involve starvation," says Lisa Odenweller, the company's founder. "Everything is really good for you—and tastes amazing."



## TOP STUDIO

### Rise Nation

"It's unlike anything else out there," says celeb trainer Jason Walsh of the intense half-hour climbing-machine classes at his West Hollywood gym. "The VersaClimber uses all major muscle groups—plus it's zero impact." And his students—including **Ashley Greene** and **Emily Blunt**—torch up to 24 calories per minute.



## COOL GEAR

### BANDIER

Lena Dunham and Khloé Kardashian pick up fresh, stylish workout wear at this boutique's two New York outposts. You'll find exclusive pieces from cult-fave designers like Outdoor Voices and K-Deer. "The store is very colorful and we play great music—it's a nonstop party," says founder Jennifer Bandier.

**TOP** Strut This, \$69; Bandier.com **PANTS** Wear It To Heart, \$98; Bandier.com **SHOES** \$110; NewBalance.com **ARMBAND** \$20; Sprigs.com



STYLING, DANIA ORTIZ; HAIR AND MAKEUP, ALEXA RODULFO FOR ORIBE; HAIR AND CHANEL LES BEIGES; MANICURE, KATHERINE ST. PAUL HILL; MODEL, EMMA O AT WILHELMINA. OTHER IMAGES, FROM TOP: LA FOOD PHOTOGRAPHY, OLIVER BARTH, GETTY IMAGES (2).





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THE MEN'S FRAGRANCE BY RALPH LAUREN



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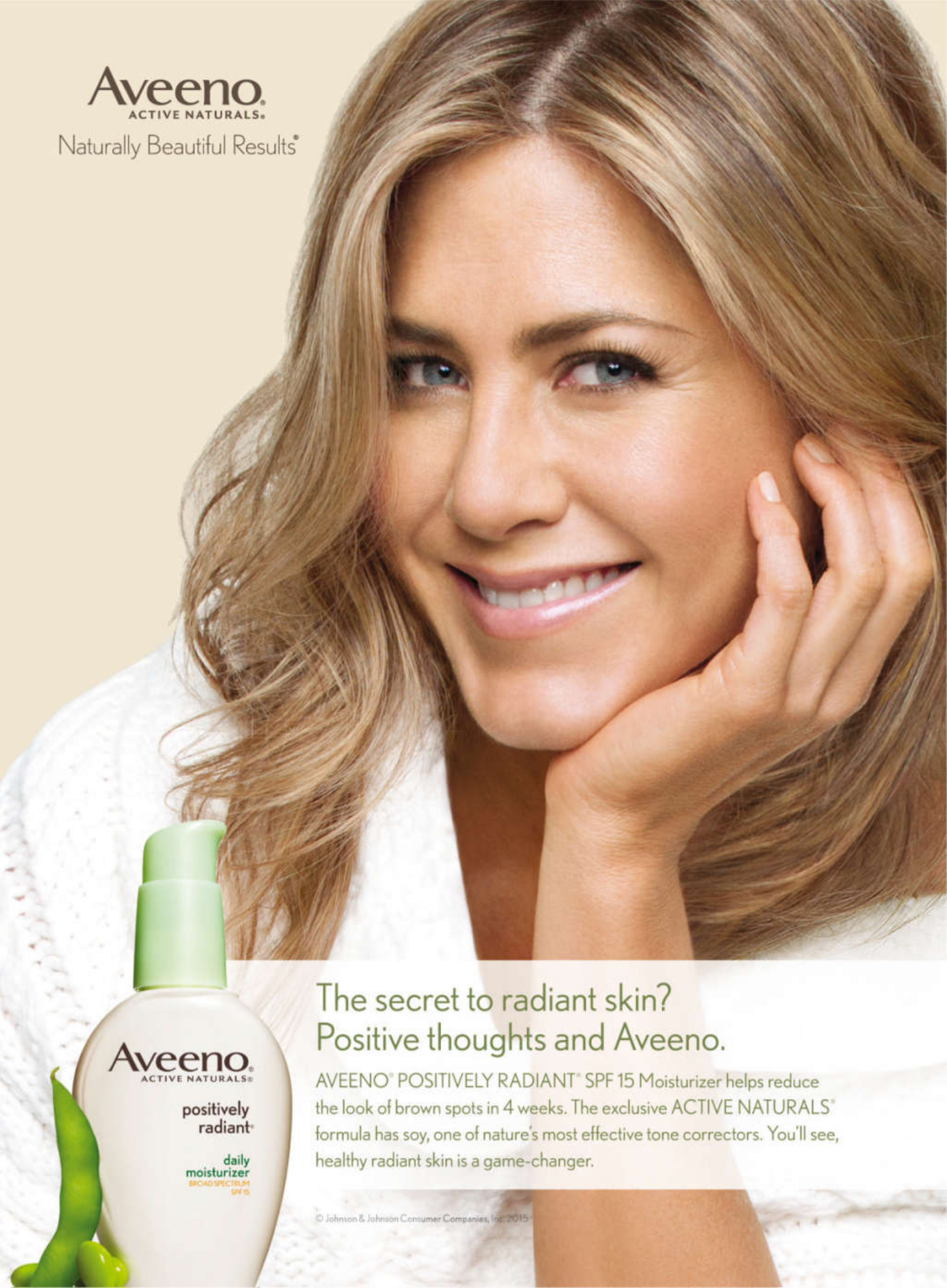
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# (SELF) IMAGE

## TRACK STAR

→ *Your new personal best: silky track pants that make the leap from day to night* BY SARA GAYNES LEVY

**PANTS** \$750; Hellessy  
.com **TOP** Kimora  
Lee Simmons, \$675;  
KLS.com **CAMISOLE**  
Hellessy, \$380;  
EditNewYork.com  
**EARRINGS** \$138;  
StevenAlan.com  
**CLUTCH** Calvin Klein  
Collection, \$1,795;  
212-292-9000  
**SNEAKERS** \$160;  
Eytys.com

Finding the perfect go-to piece that's comfortable *and* stylish can be a fashion challenge. Yet this season's new track pants easily clear that hurdle. Cut from luxe fabrics that move with your body, these sporty trousers put a sophisticated spin on the gym staple. Some classic details remain, like the vertical stripes that elongate your legs (think of these as the athletic girl's tuxedo pants). But slits at the bottom give a modern, sexy feel. At night, pair with a dressy top, simple jewelry and stilettos (or white sneakers to keep things casual and cool). All you need is your clutch, and you're ready to run.

Photographed by ANDREW STINSON  
Styled by LINDSEY FRUGIER





THE ROUNDUP

# OUTWARD BOUND

→ *The fall forecast: sporty nylon with fun pops of color on everything from caps to kicks*

1. **BACKPACK** \$245; MZWallace.com 2. **PANTS** \$495; 31PhillipLim.com  
3. **HAT** \$30; Marmot.com 4. **HIP PACK** \$39; Patagonia.com 5. **JACKET**  
Members Only, \$98; MembersOnlyOriginal.com 6. **YOGA MAT BAG** \$95;  
RebeccaMinkoff.com 7. **SKIRT** Bogner, \$380; 203-227-5165 8. **BOOTS**  
Moon Boot, \$130; Zappos.com 9. **BAG** Chanel, \$5,500; 800-550-0005  
10. **SNEAKERS** Volta, \$160; VoltaFootwear.it



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SORIN CERIN, PHILOSOPHER

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KhoiCorp.com



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Coach.com



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Proenza Schouler, \$1,675;  
212-585-3200



Photographed by TAEA THALE  
Styled by DANIA ORTIZ



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AND EVER AFTER."

UNKNOWN

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# UP & OUT

➔ **Jennifer Aniston** on finding time for what makes her feel happiest in the A.M.

BY KARI MOLVAR

The actress and newlywed approaches her mornings like a true California girl—she likes to keep things laid-back and relaxed. Aniston usually wakes up by 8 A.M. and cuddles with her three dogs. “Clyde, the little one, always sleeps at my feet,” she says. After she’s taken them for a walk, she whips up a healthy breakfast—toast topped with coconut oil (“You can spread it on like butter and it’s so yummy!”) and eggs that are definitely locally sourced: Aniston and her husband, Justin Theroux, raise chickens in their backyard. (“One always gives us eggs with double yolks,” she says.) Next, she tries to carve out time for a 90-minute workout. “I Spin, do elliptical, and lately I’ve been doing barre; I’ve been sore for three weeks,” she says, laughing. Then she hops in her infrared sauna (“It helps your skin look great from the inside out”) before showering and doing a quick skin-care routine. “I put on my moisturizer, sunscreen and *boom*, I’m done,” she says. Her closet is equally streamlined. “I stand there and go straight to nice jeans, a T-shirt and boots,” Aniston says. “I like to be comfortable!”



Photographed  
by Brian  
Bowen Smith in  
Los Angeles

## ➔ 5 THINGS THAT GET HER UP AND OUT



2

### HER BEST BREAKFAST

“A poached egg on toast. The trick to a perfect egg is to put a little vinegar in the water, spin it, then drop in your cracked egg.”

1

### HER MUST-HAVE LIPCOLOR

“I love nudes that look like your natural lip shade.”

**LIPSTICK** Charlotte Tilbury Matte Revolution Lipstick in Sexy Sienna, \$32; CharlotteTilbury.com



3

### HER FITNESS UNIFORM

“Nike tanks and leggings for workouts like barre, which creates a longer, leaner body.”

**WORKOUT CLOTHES** Sports bra, \$50, and pants, \$100; Nike.com



4

### HER BEAUTY ESSENTIAL

“I put this on damp skin so it absorbs really well. I had a suntanning intervention a few years ago, so I’m all about sunscreen now.”

**MOISTURIZER** Aveeno Positively Radiant Daily Moisturizer SPF 30, \$15



5

### HER FAVORITE JEANS

“AG, Current/Elliott and Saint Laurent make great pairs, from skinny to boyfriend jeans.”

STILL LIVES FROM LEFT: COURTESY OF L'ING PROOF; JON PATTERSON; STYLING, ELIZABETH OSBORNE AT HALLEY RESOURCES (2); DEVON JARVIS; STYLING, DEIDRE RODRIGUEZ AT R.J. BENNETT (2); DAVID COOK/CNP DIGITAL STUDIO; GETTY IMAGES.



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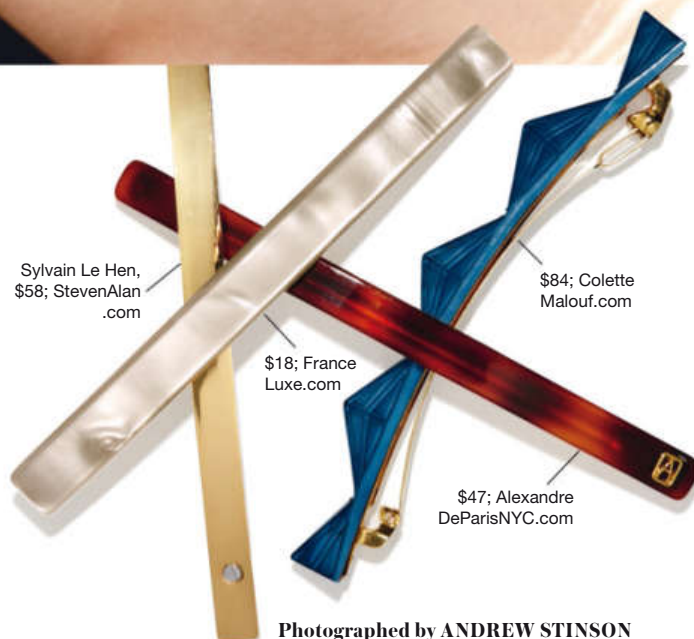
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\$7; FranceLuxe.com

HAIRSTYLIST

# CLIP ART

→ *Your best postgym look? It's all about a cool barrette.* BY KATHERYN ERICKSON

As much as we love ponytails, there are times when you want to switch up your look—while still keeping your hair off your face. That's where this season's barrettes come in. The old-school favorite was all over the runways; it's a quick way to give your hair a "modern, sophisticated feel," says hairstylist Odile Gilbert (who often wears barrettes backstage herself). At the Gucci Resort collection, which inspired the look seen here, models sported simple metallic barrettes with sleek hair. To re-create the effect, just add a step to your basic blowout. Apply a dollop of smoothing styling cream (like Kérastase Crème de la Crème, \$37) to damp strands and use a round brush to blow-dry hair straight. Make a deep side part with your fingers and gather hair to the side, so it swoops across your forehead. Clip hair into place...and you're done. Want to mix it up the next day? Just try a different barrette.



STYLING: LINDSEY FRUGIER; HAIR: KIRI YOSHIKI FOR ORIBE; MAKEUP: MISHA SHANZADA FOR DIOR ADDICT; MODEL: STINA AT NEW YORK MODEL MANAGEMENT; STILL LIFES: JON PATTERSON; STYLING: ELIZABETH OSBORNE AT HALLEY RESOURCES.





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**BETTER TOGETHER**



# BEAUTY BUZZ

→ *SELF's beauty department shares this month's best finds.*



## GAME CHANGER

### Peach & Lily

**WHO** Alicia Yoon, a Harvard Business School grad who recently founded PeachAndLily.com, an e-shop that stocks beauty imports from Asia  
**WHY** BB creams, essences, sleeping masks... the best skin-care products often come from Korea and Japan, but, thanks to Yoon, you don't need a plane ticket to get them. Her favorite finds: Cremorlab's sheet mask (it's infused with nourishing mineral water from the Korean coast), UKA's multipurpose nail oil and May Coop's Raw Moisturizer, which hydrates with maple tree sap. "Women take such good care of their skin in Asia," Yoon says. "I wanted to share their secrets!"

Cremorlab Hydro Plus Aqua Tank Water-Full Mask, \$12 each; May Coop Raw Moisturizer, \$40; UKA Nail Oil 7:15, \$36

& Other Stories  
Lip Color in (from  
left) Bowknot  
Rose, Petticoat Pink  
and Burdet  
Orange, \$15 each

## Makeup line we love

Swedish brand & Other Stories is an up-and-coming source for cool yet affordable fashion—and now makeup, too. The newly arrived collection includes everything from cheek and lip duos to creamy eye pencils in colors that instantly flatter (and all at wallet-friendly prices).



& Other Stories Eye Colour  
in Organza Coral, \$12

## FEEL-GOOD FIX

Spas use aromatic essential oils to de-stress and calm your body. Want your *om* on the go? Try Naturopathica's new mini holistic blends: Just rub two to three drops of sandalwood-infused Meditation in your palms and breathe in for a relaxing fix. Scatter a few drops of minty Re-Boot on your shower floor for an energizing steam session. Or scent a tissue with peaceful Chill and tuck inside your pillowcase to catch some zzz's (and Zen) before bed.

Naturopathica  
Aromatic  
Alchemy Blends,  
\$28 and up







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To sport a healthy sheen like model Alessandra Ambrosio, mist on Klorane sun-protective Mango Oil (\$16).

GAME PLAN

# SHINE ON

Working out is great for your body, but not always great for your hair. Here's how to get back into the gloss. BY EMILY HSIEH

When you tackle long runs, bike to work, swim for miles or hit the gym regularly, you're getting an intense workout—and your hair is put through the ringer, too. All that exposure to sun, wind and chlorine pools, along with daily postsweat showers, can leave your strands flat and depleted of shine. The fix: new restorative treatments and tips that help sporty types stay glossy—on the go.

**WASH UP** Shiny hair depends on two factors: how well it's hydrated and the condition of your cuticle. "When the outer surface of your hair is damaged, light scatters off it. Imagine a crinkled paper," says Whitney Bowe, M.D., a New York City dermatologist. "But when it's smooth, it reflects light and gives you a healthy look." What helps? Take lukewarm showers (hot water dries out strands) and use a sulfate-free shampoo that won't strip natural oils. We like Iles's new three-step system that comes with a healing, antioxidant-rich serum.

**TAKE IT EASY** After your shower, pat (don't rub) your hair with a towel to remove water without roughing it up, and work out knots with a gentle detangling brush, Dr. Bowe says (Drybar's fits in your gym bag). To avoid torching your strands, put the blow-dryer on the lowest heat setting—or skip it entirely. The new air-dry styling creams, like Fave 4 Up For Air, control frizz but don't require any heat from a dryer.

**GET A BOOST** Once a week, apply a DIY shine-enhancing mask. "I like to put raw coconut oil in my hair and wrap it into a bun before working out," says celebrity hairstylist Jen Atkin. "The heat really helps the oil absorb." London colorist Louise Galvin recommends a scalp massage to fend off flakes and dryness. "It's so relaxing and stimulates circulation," she says. Use small circular motions and work in a nongreasy oil, like Little Barn Apothecary rosemary-infused blend.

**PLAY IT UP** "Blunt cuts, like a shoulder-grazing lob, reflect light better than layers and wispy ends," Atkin says. Semipermanent dyes can also have a big impact. "Choose tones that deposit color and darken your tone to help amplify shine," says NYC colorist Aura Friedman. Advantage: brunettes!

## THE SHINY HAIR TOOLKIT

Iles Formula  
3-Step Hair  
Care System,  
\$116



Fave 4 Up For Air  
Air Dry Cream, \$16

Drybar Lil'  
Lemon Drop  
Detangler  
To Go, \$10

Little Barn  
Apothecary  
Chamomile  
+ Rosemary  
Hair Oil, \$20

DAVID BURTON/TRUNK ARCHIVE; STILL LIVES: JON PATTERSON;  
STYLING: ELIZABETH OSBORNE AT HALLEY RESOURCES.



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Karlie Kloss



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9 of 10  
WOMEN

SAID THEIR  
BLADDER LEAKAGE  
WAS REDUCED  
OR STOPPED.





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(SELF)

# MOTIVATE

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## CARDIO VS. WEIGHTS

→ *Which is better for weight loss?  
What if I only have time  
for one? The debate rages on—  
here's the final word.*

BY NATALIE GINGERICH MACKENZIE

Every day the question pops up in gyms across the country: “I already run/bike/swim/[insert your favorite cardio here]. Do I need to strength train?” Meanwhile, with the growing popularity of boot camps and CrossFit, women who have clicked with lifting are wondering if they still need cardio. While there are benefits to both types of exercise, the latest science suggests there’s a clear winner—it just depends on your goals. **CARDIO** > 54

**JUMP ROPE** Crossrope  
**WEIGHT** Hock

Photographed by JUSTIN FANTL



## WHICH IS BETTER FOR WEIGHT LOSS?

**Strength training.** While you burn only up to 10 calories per minute lifting weights, compared with as many as 12 for cardio, you continue torching calories after you put those dumbbells down.

“When you jog or hit the elliptical, your body is actually pretty comfortable,” says exercise physiologist Mike Bracko of Calgary, Alberta. “But when you strength train, your body is like, ‘Whoa, this is a lot different!’” And that “whoa” takes you about an hour to recover from—burning an extra 25 percent on top of the calories you torched during your workout. That means if you burn 160 calories doing a 20-minute strength circuit, you’ll actually burn 200 by the time you’ve gone on with your day.

Bonus: Your metabolism stays elevated by up to 10 percent for three days after you lift as your body repairs the microtrauma in muscles, says Wayne Westcott, Ph.D., an exercise-science professor at Quincy College in Massachusetts.

## WHICH SHOULD I DO FIRST?

**Whichever you prefer,** because they both have benefits, says Westcott. On one hand, moderate-intensity cardio makes a great warm-up, priming your muscles for strength training. On the flip side, cardio also makes a great cooldown, helping flush out the soreness-inducing lactate that builds up in your muscles during tough training and turning it back into energy you can use. The one exception: If you’re training for an event like a triathlon or 10K, you want to tackle that type of exercise first, when you’re fresh.

## DOES ONE GIVE A BIGGER ENDORPHIN BOOST?

**Cardio.** It’s been shown to change brain chemistry enough to improve mood, anxiety and depression. And in a new study

in the *Journal of Experimental Biology*, volunteers who ran on a treadmill increased their levels of endocannabinoids—marijuanalike chemicals created in the body that make you feel good and even have a slight pain-relieving effect.

You can still enjoy an endorphin boost from strength training, but you’ll need to rev your heart rate. Do that by lifting heavy weights or moving quickly between sets and strength exercises instead of taking long rest breaks.

## SHOULD I LIFT HEAVY OR LIGHT WEIGHTS?

**Both.** Light weights—light enough that you can do 15 to 20 reps before fatigue sets in—tend to activate slow-twitch muscle fibers. Heavy weights—so heavy that you can eke out only 8 to 10 reps—activate a higher percentage of fast-twitch ones. Combining the two lifting styles will give you the best results, says Brad Schoenfeld, Ph.D., an assistant professor in exercise science at CUNY Lehman College in Bronx, New York. Ideally, you’d do one light lifting day and one or two heavy days in a week, or mix it up in a single session.

## WHAT IF I HAVE TIME TO DO ONLY ONE?

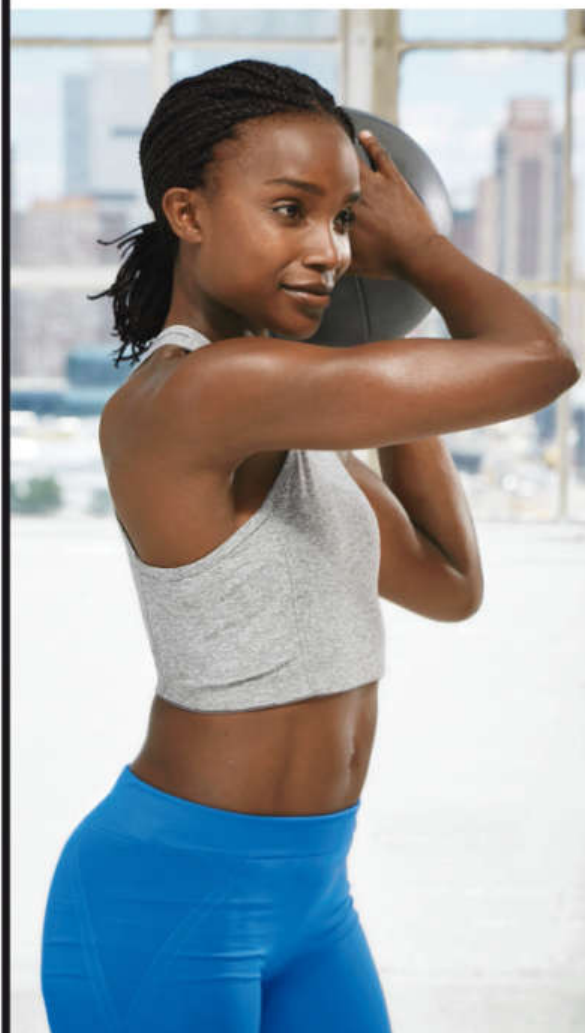
**Strength train,** for one simple reason: “It’s possible to get your cardio from strength alone,” says Westcott. If you keep moving between sets, either by inserting plyometric moves that leave you breathless (think jump squats) or going straight from one exercise to the next, you’ll strengthen your heart and lungs along with your other muscles. Studies show that you can get better results—both aerobic and strength gains—from three 20-minute strength circuits a week than you can from 60 minutes of cardio five days a week.



Check out some of our favorite cardio and strength workouts at [Self.com/go/cardioweight](http://Self.com/go/cardioweight).

## TRAINER TO GO

# THE BALL WORKOUT



Medicine balls are known for amping up core exercises, but you can also use one to recruit your arm, chest, glute and leg muscles. This creative routine helps turn the simple tool into a full-body toner.

**YOUR TRAINER** Lauren Williams, head coach at Tone House, a sports performance gym in New York City

**YOU’LL NEED** a ball that’s heavy enough to challenge you. Try a 10- or 15-pounder.

**DO** this circuit three times a week. Aim for three full rounds.

STYLING: TAYLOR OKATA; HAIR: TAKUYA SUGAWARA FOR AVEA; MAKEUP: NATASHA SMEE FOR NARS COSMETICS; MODEL: LAUREN WILLIAMS AT WILHELMINA FITNESS.



# 1

## CRISSCROSS

*Works shoulders, core*

Start in a high plank with feet balanced on medicine ball and shoulders over wrists. Pull right knee to left elbow (as shown). Return to start and switch sides for 1 rep. Do 12 reps.



# 2

## ROLLING PUSH-UP

*Works shoulders, chest, core*

Start in a high plank with ball under left hand. Engage core and bend elbows 90 degrees. Straighten both arms and roll ball to right hand (as shown), keeping elbows away from body. Repeat in opposite direction for 1 rep. Do 12 reps.



# 3

## SIDE LUNGE

*Works shoulders, arms, legs*

Start with feet hip-width apart, holding ball at chest height. Extend ball forward. Pull ball into chest while stepping into a deep side lunge to right (as shown). Return to start, extending ball forward. Repeat on opposite side for 1 rep. Do 12 reps.



# 4

## TWISTER

*Works arms, core, legs*

Stand with feet hip-width apart, ball extended at chest level. Step right leg back into a lunge, knees bent 90 degrees (as shown). Twist upper body 45 degrees to left. Return to start. Repeat on opposite side for 1 rep. Do 12 reps.



5

### ROWBOAT

*Works core, legs*

Sit on floor with feet up, knees bent, shins parallel to floor. Lift torso slightly and place ball between ankles. Bring hands together at chest height, then tap right elbow on floor (as shown). Repeat on left side for 1 rep. Do 20 reps.



6

### REACH FOR IT

*Works arms, chest, core*

Holding ball, lie faceup, arms extended above head and legs straight. Lift arms and legs an inch off floor. Engage abs and lift torso while bringing ball overhead, then toward shins while pulling knees into chest (as shown). Return to start for 1 rep. Do 12 reps.



7

### KICK-BACK

*Works butt, legs*

Stand with feet together, holding ball. Lift right foot until thigh is parallel to floor, and press ball overhead (as shown). Pull ball to chest, sliding elbows down sides. Lower ball to floor while slowly extending and straightening right leg back to hip height. Return to start for 1 rep. Do 12 reps, then switch sides.



8

### SWING SLAM

*Works shoulders, back, core*

Stand with feet hip-width apart, holding ball in front of you. Quickly swing ball toward right hip and then circle it around head (as shown). Release ball, slamming it between your feet. Catch ball when it bounces off floor. Return to start and repeat to left for 1 rep. Do 12 reps.



SHAZAM THIS PAGE TO SEE VIDEOS OF EACH MOVE.



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PREGAME

# MORGAN LAKE

→ At 18 years old, the Nike athlete is a track-and-field phenom. She tells us how she gears up to compete and keeps a winning mind-set.

**AGE** 18

**SPORT** Heptathlon

**HOME BASE** Berkshire, England

**MOTIVATION** "The crowd cheering me on to higher heights!"

Morgan Lake was born to be a track-and-field star. "I went to my first meet when my mum was pregnant with me," the British athlete says. Those family trips to the track were spearheaded by her father, Eldon Lake, a former junior triple jumper with a passion for competition. By age 5, she was more than just a spectator—her father had recognized Morgan's potential and become her coach. She began competing at age 7 and started racking up history-making victories, like the British pentathlon record for her age group, by age 12.

Since then, the heptathlon has become her chosen sport and the one she hopes to compete in at the 2016 Olympics in Rio de Janeiro. Her success in the two-day event depends on how she trains for *seven* different sports, from shot put to sprinting to javelin. She has to be strong enough to hurl a metal sphere weighing almost 9 pounds nearly 50 feet, quick enough to run around half a track in under 25 seconds, nimble enough to leap over hurdles and a high jump bar, and more. "I love it!" she says. "I've always got new goals in different events." She shares some of her top tips for peak performance.

—Natalie Gingerich Mackenzie

**WHAT DOES IT TAKE TO EXCEL IN EVENTS THAT ARE SO DIFFERENT?**

It all comes down to my training. I'm working out four or five days a week for about two and a half hours at a time. It's a mix of circuit training, speed work, technical work on things like javelin [running and throwing a spear]

and endurance. I have different coaches for different events, like a sprint coach and a high jump coach. My dad oversees the whole program to make sure everything is balanced.

**IS THERE EVER ANY TENSION WITH YOUR DAD, SINCE HE'S YOUR COACH?**

We do argue a bit now and again! But we both understand each other and work well together. My dad is never afraid to tell me the truth, and even though at times I don't want to hear it, I need it to improve as an athlete.

**HOW DO YOU PREPARE MENTALLY?**

Switching from the shot put to the hurdles isn't the most natural thing, so I try in training to practice them close together. That way, I get used to the feeling of going from one to the next.

**DESCRIBE THE DAY BEFORE COMPETITION.**

I try to visit the track, so I have an image of what it looks like. Then I go over the events in my head while I'm in bed. It calms my nerves. I picture myself going through each event—in the blocks, clearing every hurdle, crossing the finish line. I try not to focus on the finish time or think numerically; it's about the *feeling*. And I eat popcorn the night before.

**HOW DO YOU STAY IN THE ZONE AT MEETS?**

I've learned how important it is to take each event as it comes. I used to focus too much on what just happened.... If the hurdles weren't going well, I'd take that into the high jump. Now I approach each event separately. At the end of the two days, it's the whole picture that's important.

**DO YOU HAVE MUCH TIME FOR FUN OUTSIDE OF TRAINING AND COMPETING?**

It can be hard to balance a social life and an athletic life. But traveling is the best part of my life as an athlete. And I still pinch myself when I line up next to women I've watched on TV and looked up to for years.

## #ABENVV

Rock-solid abs don't just look awesome in uniform—they're Lake's secret weapon in competition. "A strong core helps me with every single event," she says. "In the long jump, it helps me keep my legs up; for hurdles, it supports my back." These moves work her midsection from all angles.

1

**INVERSE CRUNCH** Start on hands and knees. Extend right arm and left leg. Touch right elbow to left knee under torso. Repeat on opposite side for 1 rep. Do 15 reps.

2

**AIM HIGH** Lie on floor with legs straight, extended to ceiling. Slowly lower legs to an inch above floor. Pause, then return to start for 1 rep. Do 15 reps.

3

**SIDELINE** Lie on right side, stack legs, and prop upper body on right forearm. Lift hips to create a straight line from head to heels. Hold for 30 to 60 seconds. Repeat on opposite side.

4

**GET ON UP** Lie faceup. Lift head, torso and legs to stand up for 1 rep. Do 10 reps.



## MIND

"In between my events, I like to listen to music or talk to other athletes to help me mentally reset."

## HEART

"I miss my friends when I'm on the road, so I take pictures to capture memories and moments to share with them when I get home."

## FUEL

"Not being able to eat whatever I want, whenever I want it, is the hardest part about being an elite athlete. A typical meal for me is chicken with rice or pasta, plus vegetables."

**SPORTS BRA**  
and **BRIEF** Nike  
**SWIMSUIT** Norma  
Kamali

# 137

DISTANCE, IN FEET, OF  
LAKE'S FARTHEST JAVELIN  
THROW (AN EVENT  
WHERE SHE RUNS AND  
HURLS AN 8-FOOT SPEAR)



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**(SELF) MOTIVATE****FITNESS QUICKIE****TOTAL-BODY  
TUNE-UP**

→ *Mix strength moves with bike intervals to bank a calorie-torching, allover-sculpting session in just 10 minutes.*

BY LAUREL LEICHT

No time? No problem. Try this routine from Basecamp Fitness in Santa Monica, California, famed for its 35-minute HIIT classes. Because you change direction during each move, you fire up more muscles (plus zing your abs).



FOCUS ON  
FORM WHEN  
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TO FATIGUE—  
IT WILL HELP  
YOU FINISH  
STRONG.

**WARM-UP**

**STEP-THROUGH** Face a doorway with hands on sides of frame. Step right leg forward into a lunge and lean back, stretching chest, shoulders and left hip flexor upward. Hold for 3 seconds; stand. Alternate sides for 30 seconds.

**STRETCHING JACK** Stand with feet hip-width apart. Bend forward and touch hands to floor, then walk hands out into a push-up. Walk feet to hands. Stand; do 2 jumping jacks. Continue for 30 seconds.

**RIDE** a stationary bike as fast as you can for 1 minute.

**TOTAL TIME: 2 MINUTES**

**BLOCK ONE**

**PLANK LIFT** Lie on right

side with elbow under shoulder. Lift hips; raise and lower top leg for 30 seconds. Repeat on opposite side.

**SIZZLE SPRAWL** Stand with legs shoulder-width apart, knees bent, and quickly run in place. Every 10 seconds, drop into a push-up, jump feet to hands, explode into tuck jump (as shown above) and return to start. Continue for 1 minute.

**BIKE** fast for 1 minute.

**TOTAL TIME: 3 MINUTES**

**BLOCK TWO**

**PUSH AND PLANK** From a push-up, drop down into a plank, one elbow at a time. Press back up into a push-up one hand at a time. Continue for 1 minute.

**V-CRUNCH** Lie faceup

with arms extended overhead. Lift hands and feet at same time and aim to touch toes. Slowly lower arms and legs to floor. Continue for 1 minute.

**BIKE** fast for 1 minute.

**TOTAL TIME: 3 MINUTES**

**BLOCK THREE**

**CURTSEY LUNGE** Step left foot to left, lowering into a side lunge. Push off left leg to stand, then step left foot behind you to right; lower until right thigh is parallel to floor. Return to start. Alternate sides for 1 minute.

**SPEED SKATER** Stand on right leg with left leg behind you. Explosively hop to left leg, placing right foot behind it to soften landing. Alternate sides for 1 minute.

**TOTAL TIME: 2 MINUTES**

**SELECTS**

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## (SELF) MOTIVATE

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**SWEATY BETTY JUMP ROPE**  
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\$25; SweatyBetty.com

**ADIDAS BY STELLA MCCARTNEY SNEAKERS**  
McCartney's high-impact design touches take these tennies up a notch.  
Barricade, \$125; Adidas.com



**TOP \$220, and BOTTOM \$115;**  
SweatyBetty.com

COURTESY OF SWEATY BETTY (WHITE BACKGROUND: GETTY IMAGES), STILL LIFES: DEVON JARVIS; STYLING: DEIDRE RODRIGUEZ AT R.J. BENNETT (EXCEPT SNEAKER, COURTESY OF ADIDAS); ALBUM, COURTESY OF INTERSCOPE RECORDS; RECORD: GETTY IMAGES); BACKGROUND IMAGE: MATT W. MOORE.

## GO-TO GEAR

# LONDON ROCKS

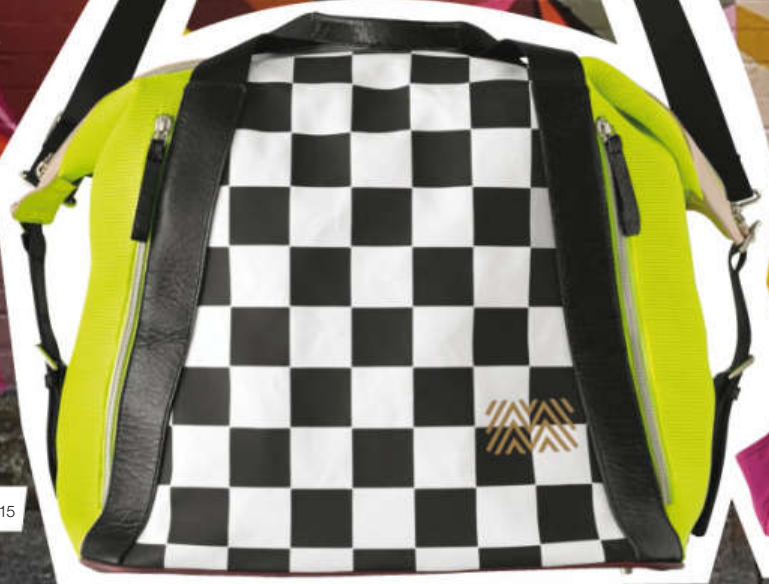
→ The new British invasion: designers bringing a fresh edge to fitness with graphic patterns and color **BY MEG LAPPE**

**YEARS & YEARS ALBUM**  
Power up pre-workout with the U.K. band's electro-pop.  
*Commun*ion 12-inch double vinyl, \$38;  
YearsandYearsOfficial.com

**MONREAL LONDON BAG**  
Leather details and a mash-up of lime, black and white add instant cool.  
Melrose Champ, \$910; MonrealLondon.com for similar styles

**AROMATHERAPY ASSOCIATES BATH OIL**  
The chic Knightsbridge spa's natural-oil blend is a postworkout treat.  
Revive Evening, \$73; AromatherapyAssociates.com

**CHARLI COHEN SPORTS BRA**  
The Brit-fave workout line is all about performance pieces like this high-neck, sweat-wicking bra.  
Isei, \$160; Avenue32.com







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HONEY

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Combine these



2



COARSE SALT



FRESH ROSEMARY



RED ONION



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PIZZA DOUGH

Bake these



1

# FIGS, 3 WAYS

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RECIPES BY LARAINÉ PERRI

## 1 Fresh Fig and Farro Salad

SERVES 2

In a pot of boiling water, cook 3 oz green beans until crisp-tender, about 3 minutes. Remove and cool. In a bowl, combine 4 tsp walnut oil, 2 tsp sherry vinegar, ½ tsp maple syrup and ½ tsp Dijon mustard. Season with salt and pepper to taste. Add 1 cup cooked farro and green beans; toss to coat. Divide between 2 plates and top each with 1 quartered fresh fig and 2 tbsp toasted chopped hazelnuts.

**NUTRITION INFO** 251 calories per serving, 15 g fat (1 g saturated), 40 g carbs, 8 g fiber, 7 g protein

## 2 Fig and Onion Focaccia

SERVES 4

On a lightly oiled baking sheet, stretch ½ lb store-bought pizza dough into a circle. Cover and let rest 1 hour. Heat oven to 400°. In a skillet over medium heat, warm 2 tsp olive oil. Add ½ red onion, thinly sliced; sauté until soft, about 4 minutes. Top dough with onion and 2 fresh figs, sliced in rounds. Sprinkle with 1½ tsp fresh rosemary and ¼ tsp coarse salt. Bake until lightly golden, 15 to 20 minutes.

**NUTRITION INFO** 184 calories per serving, 5 g fat (0 g saturated), 30 g carbs, 2 g fiber, 5 g protein

## 3 Grilled Figs With Mascarpone

SERVES 2

In a bowl, combine ⅛ tsp vanilla extract, ½ tsp honey and 2 tbsp mascarpone. Cut 3 figs in half. On a lightly oiled grill pan over medium-high heat, grill figs cut-side down until just charred, about 2 minutes; divide figs and mascarpone mixture between two plates. Top each with 1 crushed amaretto cookie; garnish with mint.

**NUTRITION INFO** 116 calories per serving, 5 g fat (2 g saturated), 19 g carbs, 2 g fiber, 1 g protein



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# (SELF) WORTH

SELF MADE SPECIAL

## WIN AT WORK

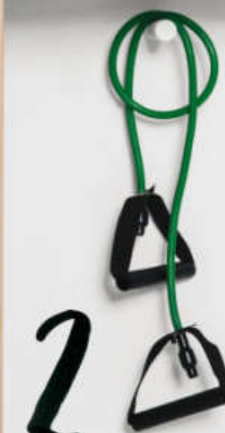
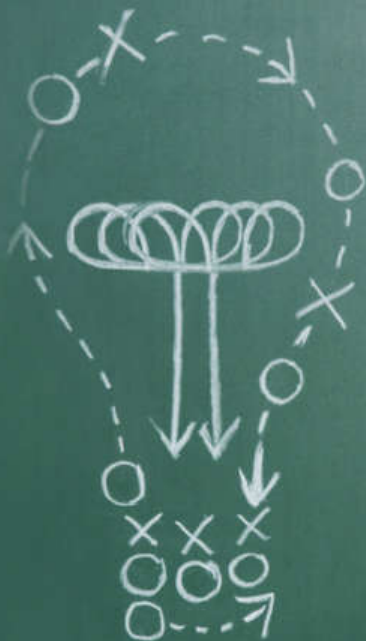
→ *These secrets of SELF Made women will help spark big ideas and bold career moves.* BY JESSICA HULLINGER

### 1 GO AHEAD AND JUMP

“The best advice I ever got was to just stop with the ‘someday’ talk,” says Rachel Shechtman, 38. She took it to heart. After consulting for brands like Bliss Spas and Toms, Shechtman built her dream business: Story, a paradigm-busting store in New York City, where the merchandise changes every month or two—basically, a magazine you can shop. The value of that advice: “You will never ask yourself ‘What if...’” she says. “Even if it doesn’t work out, you’re stronger for having taken the leap.” Gutsy moves can be subtle, too. Risk taking is really about initiative and experimentation, says Anne Creamer, author of *Risk/Reward*. “Habitually taking small, calculated risks helps you develop emotional shock absorbers,” she adds. Plus, research shows that “near wins”—when victory is just out of reach—make us hungrier for success and better able to stick the next landing.

Photographed by MOLLY CRANNA  
Illustrated by JOEL HOLLAND

## (SELF) WORTH SELF MADE SPECIAL



## 2 GIVE YOUR IDEA A WORKOUT



**SELF  
MADE  
SECRETS**  
RUZWANA  
BASHIR, 32

**TIPS FROM THE FOUNDER/CEO OF  
CURATED TRAVEL SITE PEEK.COM**

### Take inspiration from frustration

"As a consumer, I knew there wasn't a one-stop shop for the kind of fun travel experiences I wanted to have. Discovering that other people felt the same way took it from an irksome problem to a huge opportunity."

### Make peace with tough times

"Even when you're doing something you love, there will be moments (or months!) that aren't very fun. Be patient with boring stuff—it ultimately allows you to do the enriching things."

### Rack up new skills, not titles

"I wish I had known at the outset of my career that I didn't have to tick lots of boxes or work at big-name companies before founding a start-up. It's the skills you learn that matter."

### WARM UP

"Sharing your idea with others helps you refine it," says Negative Underwear cofounder Marissa Vosper, 30. She first bounced her minimalist lingerie concept off girlfriends: "We saw there was a big opportunity to make something better."

### BUILD STRENGTH

While pursuing her own venture capital firm, Kirsten Green, 43, of Forerunner Ventures, networked across the industry. "I grew confident in knowing what a successful business looked like by talking to leaders at a variety of start-ups."

### ADJUST YOUR FORM

When Adina Grigore, 31, founder of S.W. Basics, began selling her natural skin-care line on Etsy, it bombed. Her fortunes turned when she launched an e-commerce site. "It's important to not say 'Forget it' if it didn't work on the first try."

"NO MATTER  
HOW GOOD  
YOU HAVE IT,  
IT'S COOL TO WANT  
MORE."

—Mindy Kaling, 36, actress-producer,  
in her new book, *Why Not Me?*



## Avoid the perfectionism trap

IN *BIG MAGIC*, ELIZABETH GILBERT (OF *EAT PRAY LOVE* FAME) SHARES THE SECRET TO CREATIVITY.

Perfectionism stops people from completing their work—but even worse, it often stops people from *beginning* their work. Perfectionists decide in advance that the end product is never going to be satisfactory, so they don't even bother trying to be creative in the first place. The most evil trick about perfectionism, though, is that it disguises itself as a virtue. People wear their perfectionism like a badge of honor, as if it signals high tastes and exquisite standards.

But I think perfectionism is just a high-end, haute couture version of fear. Underneath that shiny veneer, perfectionism is nothing more than a deep existential angst that says, again and again, "I am not good enough and I will never be good enough."

We women must break this habit in ourselves. At some point, you really just have to finish your work and release it as is—if only so you can go on to make other things with a glad and determined heart.

Which is the entire point. Or should be.



**READ MORE** awesome advice from *Big Magic* at [Self.com/go/bigmagic](http://Self.com/go/bigmagic).

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## 4 FIND A WORKPLACE WINGWOMAN

Mentors can help you pursue raises and promotions. But an office wingwoman—that colleague who really gets you and acts as your sounding board and advocate—can do something just as valuable: keep you accountable to your goals and provide solidarity in a competitive environment. Tiffany Dufu, 41, chief leadership officer at Levo League, a career-resources platform for women, relies on her “peer mentors” to keep her honest: “Women often get stuck because we have to be vulnerable enough to say, ‘This is where I want to go’ and ‘I need your help.’ Regular check-ins with them give me courage to speak up about what I really need,” she says. Plus, studies show we perform tasks more effectively when working alongside people with similar outlooks.

## 5 PLAY TO YOUR STRENGTHS

As you grow into any new role, “the most important thing you can do is learn about yourself: your strengths, your weaknesses and what motivates you,” says Kim Azzarelli, coauthor of the new book *Fast Forward: How Women Can Achieve Power and Purpose*. “Nobody is good at everything, and if you can find other people to reinforce

you, you’ll have a much better chance of success.” This is particularly true for entrepreneurs, who tend to wear many hats, notes Story founder Rachel Shechtman, who at the outset was her company’s creative chief, COO, graphic designer and social media chief—all at once. “My strength was being responsible for the vision, but it took

me a lot longer to learn to ask for help and delegate,” she says. “Identify what you’re good at, then find people who can help you bring your vision to life.” And when you really need to flex new muscles, take classes, suggests *Negative Underwear*’s Marissa Vosper. “It’s a low-risk way of testing your passions while picking up critical knowledge.”

“CAPABILITY  
IS NOT BASED ON AGE OR  
EXPERIENCE,  
BUT ON HOW MUCH YOU’RE  
WILLING TO LEARN.”

—Stacey Abrams,  
41, Georgia state  
House minority leader



**SELF MADE  
SECRETS**  
MELODY  
McCLOSKEY, 31

### TIPS FROM THE COFOUNDER/CEO OF STYLESEAT, A BEAUTY-BOOKING START-UP

**Know more than your critics**  
“Many potential investors didn’t think hairstylists cared about using tech for their businesses and brands. But I’d interviewed dozens of stylists and dug into the industry, so I knew they were wrong. That pushed me to proceed despite initial rejection.”

**Learn from role models**  
“I wasn’t a natural hustler—I had to build tenacity, which can 100 percent be developed. I hung out around lots of entrepreneurs, engineers and techie friends who have the attitude and skills I wanted to acquire. It rubbed off on me.”

**Don’t sell yourself short**  
“I didn’t study business, and I’m not an engineer, so I thought the start-up world wasn’t an option for me. I realized that saying ‘I can’t’ was only an excuse. When you really want something and you’re willing to bootstrap, you’ll learn along the way.”



# h<sub>2</sub>O h h h h h h h h h h



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## 6 HIIT your career

ANNE-MARIE SLAUGHTER, WHOSE ATLANTIC STORY “WHY WOMEN STILL CAN’T HAVE IT ALL” SET OFF A NATIONAL DEBATE, PROPOSES A NEW CAREER PATH.

Athletes have long understood that the best way to get into peak condition is to engage in interval training. Going 100 percent all the time never gives your body a chance to recover; you have to be strategic about when and how you ramp up and ramp down. Life, and careers, can be approached the same way. Rather than picking a single professional ladder to climb, over the course of a 50-year career you’ll encounter many hierarchies in various different jobs. Depending on your goals, you’ll want to put in the intense effort to climb at least some of those ladders, to do

everything you can to make it to a certain level. But between these periods of push, you’ll also be able to plan intervals of less intensive and more flexible work, work that is much more compatible with starting a family or caring for aging parents. Even if you have a longer period of time to devote yourself single-mindedly to your career, you may want to write a novel, live abroad or commit yourself full-time to a hobby you’re passionate about. These broader life ambitions are just as important as your career ambitions; it’s up to you to figure out how to combine them.

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“REACH TOWARD SOMETHING  
THAT’S SO DIFFICULT  
POTENTIAL.”  
it REQUIRES  
ALL of YOUR

—Diana Nyad, 66, famed distance swimmer and author of *Find a Way*, out this month



# 7

## REMEMBER: PASSION IS A SLOW BURN

*Of course you want to spend your days doing what you love. But what if you don't know what that is yet? "It's great to turn passion into a career, but figuring out how to meld the two takes a lot of experimentation," says S.W. Basics founder Adina Grigore. Research shows the average worker doesn't find her "true calling" (that's actually what economists call it) until the middle of her career, in her 40s. "The more you experiment early on, the more likely you'll make higher wages and have greater fulfillment," says Henry Siu, an associate professor of economics at the University of British Columbia. This is how things played out for best-selling author Sloane Crosley, 37, whose first novel is out this month: "I was a book publicist for 10 years, and I wrote essays—it was all a delightful deviation from my ultimate dream of fiction writing," she says. "If you don't have a singular passion, but you continue exploring whatever catches your fancy, it usually all connects in the end."*



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## LOVE & CHEMISTRY

# ROOM FOR EACH OTHER

➔ Do you ever get home and immediately go, “So today at work...”? You might want to put office talk on the back burner. BY JEN DOLL

You know what’s sexy? Walking into work, dressed to kill, and then absolutely bringing your top game to a meeting where everyone is hanging on your every word....I’m not kidding, that is sexy. In the best-case scenario, we love our jobs. It feels pretty great to spend time doing stuff we know we’re good at, things we want to keep getting better at every day. Sure, there are challenges, but that’s what keeps it all interesting (and why they pay us the big—or medium—bucks). It’s also natural that, at the end of the day, we want to hash out everything that happened at the office—the highs, the lows, the can-you-believe-that-happened—with the people we love. But if chitchat about the office starts to take over every conversation you and your significant other have together, it can be downright overwhelming for you both. It can even be bad for your relationship. So how can you strike that right balance between sharing but not oversharing?

### TREAT YOUR RELATIONSHIP A LITTLE LIKE...YOUR WORK OK,

this sounds distinctly unsexy, but bear with me. Michael McNulty, Ph.D., a Chicago therapist with the Gottman Institute, advises: “Consider a relationship as something involving expectations and responsibilities. We think of work that way, but in relationships, we may forget to set limits.” My advice: Time your conversations right. You wouldn’t rush into your boss’s office on Monday morning to recount your exciting weekend. Likewise, don’t immediately launch into that story of someone posting fridge notes about their missing yogurt. Take a minute to relax. Unwind. And when it’s time to talk, don’t spend all night on the workplace (or the yogurt).

### LEAN ON EACH OTHER, IN A GOOD WAY

Your partner always has your back and is your trusted ally, not a mediating human resources person. This person knows you best, and when it comes to those tricky work situations where you do need outside advice, getting some fresh insight can lead to new solutions (and vice versa, when your partner asks for your counsel). So share, listen, bounce ideas off each other, then go watch *Game of Thrones*.

### BLUR SOME OF THOSE LINES BETWEEN WORK AND LOVE

These are often two of the most important things in your life! It’s OK, even beneficial, to invite your significant other to an after-work party or casual drinks with coworkers sometime. It’s a chance to put faces to names and know the players involved in your daily life a bit more. Plus, “it’s important for the people at work to see that we have lives outside of the office,” says McNulty.

### KNOW WHEN TO CALL IT QUITS

As a friend recently confessed, “I don’t really want to talk about anything work-related once we’re in bed!” The same goes for weekends. Just as you need a vacation from your email, it’s good to sometimes turn off work talk completely and give your all to your relationship. That kind of focus begets fulfillment, and “if you are fulfilled in what you are doing,” says New York City psychologist Craig Kafka, Ph.D., “that will translate to better relationships, better friendships and a better sense of self.” There’s nothing sexier than that. ●



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# SOLVING THE CANCER PUZZLE

Even the healthiest people get sick. But scientists are making new discoveries about risk and targeting the disease with amazing precision. Could the war on cancer be winnable?

BY KATHERINE HOBSON

When Ann Malik started feeling ill in spring 2014, she was in peak health. A cofounder of the gear company FuelBelt, Malik, then 39, loved to run near her home in Barrington, Rhode Island, ate lots of fresh produce and had never taken a puff of a cigarette. But for months she'd experienced mental fog, fatigue and a 10-pound weight loss. Doctors thought the problem was chronic fatigue syndrome or pneumonia until tests yielded shocking news: She had stage IV lung cancer.

There was one ray of hope: new, effective drugs Malik could take—if her tumor tested positive for one of three key genetic mutations. When the test for a mutation called ROS1 came back positive, even Malik's doctor "cried with relief," she recalls. She started the drug Xalkori, which, along with chemotherapy, has stopped the disease in its tracks.

Malik is benefiting from precision medicine, which uses genetic and molecular info to match a treatment to a tumor, like finding the right key for a lock. Drugs based on this approach are helping a growing number of cancer cases, says Richard L. Schilsky, M.D., chief medical officer of the American Society of Clinical Oncology. This year, the White House even announced a \$215 million Precision Medicine Initiative. Here's how precision is changing cancer as we know it.







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# Understand your odds

WHEN IT COMES TO PLAYING THE GENETIC HAND WE'RE DEALT, KNOWLEDGE REALLY IS POWER.

Everyone's talking about "the cancer gene," but did you know that all cancer is caused by genetic mutations? A mix of lifestyle and environmental factors—what you eat, whether you smoke, the air you breathe—are responsible for many harmful changes to DNA, causing cells to grow out of control. Inheriting a gene from a parent plays a role in probably 10 to 15 percent of cases, says Mary Daly, M.D., chairwoman of the department of clinical genetics at Fox Chase Cancer Center in Philadelphia, though researchers are looking into even more genetic links. The rest, at this point, is probably chance (Ann Malik's doctors blame her cancer on "bad luck"). So what do you need to know to better understand your risk?

**Start with your family history.** "This is the time to talk to your mom about her mom," says Elizabeth Swisher, M.D., professor of ob/gyn at

## HEALTH HERO ANNE WOJCICKI

*Cofounder and CEO of 23andMe, a personal genetic information company*

### HER BREAKTHROUGH

23andMe, one of the first at-home gene-testing kits, set a model for a giant global database that can be used to study disease.

### WHY IT MATTERS

The company, which has sold more than 1 million kits, is looking to partner with researchers seeking genetic links to disease, as well as with drug developers. "As we identify more genes that fuel breast or skin cancer, say, we can point pharmaceutical companies in the right direction," Wojcicki says.

the University of Washington School of Medicine and coleader of Stand Up to Cancer's Ovarian Cancer Dream Team. Talk to your dad, too; paternal history is just as important, even for cancers that affect only women. Strong family history (two or more close relatives with cancer) is currently the most reliable predictor of risk. A genetic counselor can help you make the call about whether to be tested.

**Know what to expect from the test.** If you do opt to get gene-tested, don't think of it as a crystal ball for every type of cancer. The test your doctor would order typically looks for mutations in a few genes—mainly linked to breast, ovarian and gastrointestinal cancers. But there's a movement afoot to make testing more widely available with affordable online kits. Color Genomics offers a \$249 test that analyzes 19 genes linked to breast and ovarian cancers and can assign you necessary genetic counseling to review the results.

**Genes aren't necessarily destiny.** Some inherited mutations, like BRCA1 and BRCA2, can raise a person's lifetime breast cancer risk to as much as 65 percent and ovarian cancer risk up to 39 percent. Other genetic mutations carry a moderate risk of 20 to 40 percent, says Nadine Tung, M.D., director of the cancer risk and prevention program at Beth Israel Deaconess Medical Center in Boston. That's scary but still far from inevitable: Other factors will affect whether a person ultimately develops cancer, like the position of the gene mutation, the influence of other genes and the lifestyle factors you already know about.

### Not everyone will go the Angelina Jolie route.

Different risk profiles may present different choices. Meredith Swinney, 33, tested positive for BRCA2 in 2010, several years after her mother died of ovarian cancer. "I wasn't ready to have all those parts of me removed," says the Philadelphia-based academic program coordinator; her doctor worked out a plan of semiannual breast MRIs and mammograms, and she plans to undergo ovarian surgery at 35. Some women with the BRCA mutations have options, based on age and genetic risk, says Sue Friedman, executive director of FORCE, a nonprofit focused on hereditary breast and ovarian cancers.

**Your test could help someone else.** Doctors might find an atypical gene variation, but not be sure of what it means, says Dr. Daly. Registries like PROMPT allow people who've been tested to contribute their genetic data so researchers can provide better risk estimates in the future.



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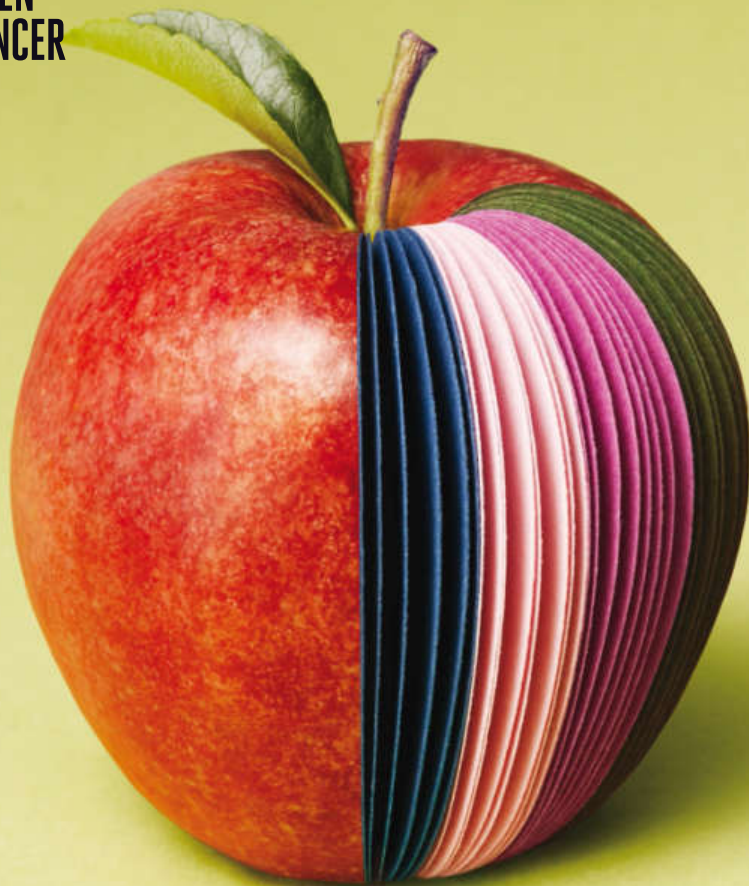


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# Live smart, live long

AN APPLE A DAY IS A GOOD START. HERE'S WHAT ELSE YOU NEED TO KNOW ABOUT CANCER PREVENTION AND SCREENING.

**How can I reduce my risk?** Don't smoke, avoid UV rays, eat lots of fruit and veggies, and exercise regularly. "If people did everything we know about preventing cancer, ideally, we could eliminate half of cancer incidence and prevent half of deaths," says Carolyn Aldigé,

president and founder of the Prevent Cancer Foundation. Tobacco—recently implicated in nearly half of all deaths across a dozen types of cancer—and obesity are the biggest risk factors. A 2011 study of more than 100,000 women also found that even three to six drinks

a week was associated with a 15 percent additional risk for breast cancer.

## I already do those things. What else?

If you're under 26, talk to your doctor about an HPV vaccine. It protects against the most dangerous types of the virus, which can cause cancer beyond just the cervix, says Aimée Kreimer, Ph.D., an investigator at the National Cancer Institute.

## What about environmental causes?

According to the American Cancer Society, roughly 6 percent of cancer deaths are attributable to environmental pollutants and exposure to carcinogens on the job. There are red flags from animal studies on parabens (used as preservatives in cosmetics and medications), but no direct links to cancer in humans. It's hard to study someone's lifetime exposure to thousands of chemicals, notes Julia Brody, Ph.D., executive director of the Silent Spring Institute. (Still, the President's Cancer Panel has said that the true chemical influence has been "grossly underestimated.")

## Could I be missing cancer warning signs?

You have to check it to detect it. Even if you've been vaccinated against HPV, get screened for cervical cancer. If you're between 21 and 29, the American Cancer Society recommends a Pap smear every three years. Women 30 and over should have a Pap plus an HPV test every five years (though a Pap alone every three years is fine, says the ACS). As for skin cancer, the American Academy of Dermatology advises self-exams and physician skin checks (talk to your dermatologist).

## SMART MAMMOGRAMS

*Breast cancer screening can be a super confusing—and controversial—topic. Read this for a dose of perspective.*

### YOU'VE HEARD

You don't need to start getting mammograms until you're 50.

### YOU SHOULD KNOW

The U.S. Preventive Services Task Force now recommends that women in their 40s who aren't high-risk confer with their physicians. While regular scans between 40 and 49 do save lives, they can also lead to false positives or unnecessary surgeries for cancer that wouldn't have become life-threatening. Others argue that catching cancer earlier might mean the difference between having chemo or not. Says oncologist Marisa Weiss, M.D., president of BreastCancer.org, "My advice is still to start getting annual mammograms at age 40."

### YOU'VE HEARD

Dense breasts mean you're more likely to get cancer.

### YOU SHOULD KNOW

Finding cancer in dense breasts, which are packed with connective and glandular tissue, can be "like trying to find a polar bear in a blizzard," says Dr. Weiss. So physicians may also screen with ultrasound and MRI. Forty-five percent of women between 40 and 74 have dense breasts but not all of them get cancer, says Karla Kerlikowske, M.D. She led a recent study that looked at degree of density, family history, age and ethnicity to pinpoint risk. Of the women with dense breasts, only 24 percent were at high risk for a missed cancer.



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# Breakthroughs that could save your life...

OR YOUR MOM'S. OR FRIEND'S. ONE IN THREE WOMEN WILL SOMEDAY GET CANCER—AND THESE DISCOVERIES COULD MAKE A DIFFERENCE.

Most cancer is still treated with surgery, chemotherapy and radiation. While these often do the job, doctors can't always predict who will respond. And because chemo and radiation kill healthy cells, too, they can have debilitating side effects. But as scientists decode the DNA of tumors, they're able to target cancer more precisely. Here's the scoop on the latest treatments.

## **They take aim at the source of cancer.**

The new drugs are directed at specific genetic glitches that "drive" a person's cancer. (It's more of a laser-guided missile than an atomic bomb.) This allows doctors to target mutations in tumors rather

than just in the organ of origin (breast or lung, for example). Bonus: These treatments often have fewer side effects.

## **Cancer can be something you live with.**

Although the drugs can produce quick, dramatic responses, they aren't necessarily cures. That's because the cancer, wily and adaptable, may eventually find another way to grow, and a new drug will have to be deployed, explains James Gulley, M.D., director of the National Cancer Institute's Medical Oncology Service. Still, these drugs can be used to hold off cancer for months, even years. When it comes to someone you love, any extra time matters.

## **Your immune system's a powerful tool.**

You may have heard of immunotherapy—it's an emerging treatment that "releases the brakes" on the immune system so it can attack cancer in the body. About 15 to 25 percent of patients in studies are responding, says Dr. Gulley, offering hope for those like Stefanie Joho. At 22, the former Gawker staffer was diagnosed with colon cancer. After two surgeries and two regimens of chemo, she still had an inoperable tumor in her abdomen. Joho joined a clinical trial for the immunotherapy drug Keytruda and started to feel better almost immediately. A year later, her tumor has shrunk and her status is stable.

## **Treatment is getting more accessible.**

About 20 percent of patients are eligible for targeted therapy, says Keith Flaherty, M.D., director of clinical research at Massachusetts General Hospital Cancer Center. That number jumps to 40 percent at major medical centers—and will only grow as more research is done.



## CANCER GETS PERSONAL

# PRECISION MEDICINE HELPED ME BEAT CANCER

*Kimberly Jessop, 38, had melanoma that wasn't responding to treatment—so she took a risk on an experimental drug.*

In December 2010, my husband pointed out a small cyst on my back. I thought it was nothing but saw a dermatologist anyway. A biopsy turned up stage IV melanoma. I was dumbfounded. With a cancer like this, traditional treatments don't do much. At Vanderbilt University Medical Center in Nashville, I was lucky enough to qualify for an immunotherapy treatment called Interleukin-2. I was hospitalized for a week at a time for treatment. After 26 infusions, I felt half-dead. My scans showed that some of my tumors had shrunk—but some had grown. I needed to get on a drug that caused all my tumors to respond. Soon after, doctors started me on a clinical trial of a different immunotherapy—a PD-1 inhibitor. I'd drive three hours to Vanderbilt and then drive back, continuing to work and take care of my family (my kids were 2 and 5 at the time). Things seemed to be going well, but I had to

wait eight weeks until my first scan to be sure. When my doctor called me on my drive home and told me that my tumors were getting smaller, I screamed with joy! Hearing that gave me more hope for the treatment, because it had been hard spending many precious hours away from my family.

I did have a couple of setbacks, including being diagnosed with chronic myeloid leukemia. By that point, my husband and I were less fazed by bad news. Cancer taught me that until everyone tells you there are no options, there are options. I now take a targeted-therapy drug twice a day, and that's kept my leukemia stable. Since February 2013, I've been in remission for both. I don't have symptoms or side effects, and I feel so lucky.

## HEALTH HERO

### ELANA SIMON

*Cancer researcher,  
Harvard sophomore*

## HER BREAKTHROUGH

Simon was diagnosed at 12 with a rare liver cancer. At 16, with the help of her biophysicist father and his lab team at Rockefeller University, Simon recruited fellow patients via YouTube to send in tumor samples. "If someone were going to work on this, it had to be people who were affected by it," she says. The team sequenced normal and malignant liver tissue, discovering the genetic mutation that likely caused Simon's cancer.

## WHY IT MATTERS

Simon's finding may likely lead to new targeted treatments. Earlier this year, she introduced the president at the launch of the White House's Precision Medicine Initiative.

# GET THE BEST TREATMENT

IF YOU HEAR THE WORD CANCER, IT'S IMPORTANT NOT TO PANIC, SAY EXPERTS. INSTEAD, TAKE THESE STEPS TO BECOME A SAVVY HEALTH ADVOCATE.

# 1

## ASK ADVICE

Women who develop breast, colon or lung cancer at an uncommonly young age should usually get more than one opinion, says Richard Wender, M.D., chief cancer control officer with the American Cancer Society. Look for oncologists who specialize in your cancer.

# 2

## SEEK OPTIONS

Chemotherapy and radiation may not be the best treatment plan for your specific case—don't assume you'll need them. Find out from your physician if any of the newer treatments apply to you. This may involve asking if you need genetic testing for specific mutations.

# 3

## FIND A TRIAL

Look for clinical trials or large open studies of experimental drugs that are not yet available on the market. Ask your doctor if any are being conducted in your area, or at a nearby cancer center, that you might be eligible for. (Cancer.org also has a clinical trials matching service.)

# 4

## LOOK AHEAD

Picture your postcancer future. Talk about what you want life to look like after treatment. "Twenty years ago, surviving was the only goal," says Lillie Shockney, R.N., associate professor at Johns Hopkins University School of Medicine. "That shouldn't be the case anymore."



SHAZAM THIS PAGE FOR ANSWERS TO YOUR BIGGEST CANCER QUESTIONS, INSPIRING SURVIVOR STORIES AND MORE.



## BREAK AWAY

Pull ahead of the pack by keeping your butt lifted, back straight and abs tightened—you'll amp up speed as you pedal. "I get lost in myself on the bike," Sosa says. "I think, You can do it, you can do it."

**JERSEY** Brandt-Sorenson, \$170 **SHORTS** Southpaw Vintage **BIKINI BOTTOM** Adriana Degreas, \$500 (sold with top) **GLOVES** Velocio, \$39 **BIKE** Cannondale, \$4,870 **WATER BOTTLE** Rapha, \$18



FIT X FASHION

# TOUR DE FORCE

GOT A NEED FOR SPEED? CYCLING IS THE ULTIMATE WAY TO SCULPT STRONG, SEXY LEGS (AND KILLER ABS, TOO). SEE HOW TOP MODEL **ARLENIS SOSA** POWERS THROUGH THE MILES, AND TRY OUR CALORIE-TORCHING ROUTINE.

PHOTOGRAPHED BY **ROBBIE FIMMANO**  
STYLED BY **MELISSA VENTOSA MARTIN**

## HANDLE IT

Blast through short-distance sprints by adding aerobars to your bike: They let you lean forward more, cutting down on wind resistance.

**BODYSUIT** Panache Cyclewear, \$200 **CROP TOP** Albertine, \$99 **BIKE** (with aerobars as shown), Specialized, \$6,000







## TRY THE WORKOUT

Whether you're cycling outdoors or Spinning indoors, this 60-minute routine from Kevin Wisniewski, of T2 Multisport in New York City, will increase your endurance and agility. Grab a heart-rate monitor (and helmet for the road), then aim to do these moves 2 to 3 times a week.

**WARM UP** Bike for 10 minutes at an easy pace.

**SPEED INTERVALS** Go for 10 minutes on a flat course, alternating 1 minute at 85 percent of your max heart rate with 1 minute of recovery. Then ride at a moderate pace for 5 minutes.

**HILL REPEATS** Do 5 minutes of hard-effort or uphill riding. Coast or go downhill; repeat. Next, ride at a moderate pace for 5 minutes.

**WIND INTERVALS** For 10 minutes, alternate 1 minute at 90 percent of your max heart rate with 1 minute of recovery.

**COOL DOWN** Bike for 10 minutes to loosen up legs.  
—Meg Lappe

ADDITIONAL SOURCE: SANDRA GALLAGHER-MOHLER, USA TRIATHLON LEVEL 1 CERTIFIED COACH

## POWER SEAT

For peak performance and a comfortable ride, your seat height is *everything*. Off the bike, it should hit at your hip. On the bike, your knees should bend slightly at the bottom of each pedal stroke (so legs are about 85 percent extended).

**SWIMSUIT** Adriana Degreas, \$318  
**SHIRT T** by Alexander Wang, \$200  
**SUNGLASSES** Uvex, \$350 **SOCKS** Cannondale, \$10 **SHOES** Sidi, \$180

# 3 TIPS FROM ARLENIS

## 1/ REFUEL POST-RIDE

"I have a smoothie with coconut and berries."

## 2/ STAY MOTIVATED

"I like working out with friends. It's like a competition, but a fun one!"

## 3/ GET INSTA-INSPIRED

"Model Izabel Goulart (@iza\_goulart) has a sick body. She's amazing at pilates, and her workouts are crazy in a good way."



For more on how Sosa stays in shape, go to [Self.com/go/fitxfashion](https://Self.com/go/fitxfashion).

**BODYSUIT** Vitamin A, \$86  
**SHIRT** Tory Sport, \$110  
**WHITE RING** Ginette NY, \$280 **SILVER RINGS** Luv Aj, \$140 for four







## SHIFTING GEARS

Rotate bike days with cross training sessions two times a week to recover faster and prevent injury. "I'll do pilates and boxing," Sosa says.

**JACKET** 3.1 Phillip Lim, \$725

**SWIMSUIT** Jo De Mer, \$320

**BIKINI TOP** Adriana Degreas, \$500 (sold with bottom)

Hair, Wesley O'Meara for AG Hair; makeup, Colleen Runne for Marc Jacobs Beauty; manicure, Casey Herman for Chanel Le Vernis; grooming, Stephanie Willmann; prop styling, Eli Metcalf at LalaLand; model, Arlenis Sosa at The Society; production, Random Productions. See Get-It Guide.



## GLOW-GETTER

"I don't want to regret not going after something," Alba says. "You'll only be better, even if you make mistakes."

**BANDEAU and SKIRT**  
Dion Lee

### BEAUTY NOTE

For radiant skin like Jessica's, pat on Honest Beauty Everything Primer Luminous Base, \$27.





# SELF MADE JESS ICA

WITH THE BLOCKBUSTER  
SUCCESS OF THE HONEST  
COMPANY, **JESSICA ALBA** HAS  
TURNED HER DREAM INTO A  
BILLION-DOLLAR BRAND. HERE'S  
HOW SHE MADE IT ALL HAPPEN.  
**BY EVIANA HARTMAN**

There are celebrities with lifestyle brands, and then there's Jessica Alba. In just three and a half years, the actress turned entrepreneur has transformed The Honest Company, the line of eco-friendlier personal-care products she cofounded, into a big—make that very big—business. Though any Target shopper can get a sense of the company's success simply by scanning the shelves, the stats are staggering: more than 120 products, including household cleaners, toothpaste, vitamins and diapers, all formulated without toxic chemicals. Alba and her cofounders have raised an estimated \$222 million in outside investment; sales ballooned to a reported \$150

million last year; some 350 people are on the payroll. Expansions to South Korea and China are in the works. The company is now worth a cool \$1.7 *billion*.

At this point, the 34-year-old Alba hardly needs to prove that she's serious. Still, she's the first to admit that her drive runs deep. "I've always been business-minded," she says, sipping lemon-cucumber water while seated at a conference table in the company's airy, bustling offices in Santa Monica, California. (A devoted bargain hunter, she found the vintage table herself on Craigslist.)

It's a busy Wednesday morning, and Alba, as per usual, is in work mode: The Honest Company honestly is her 9

PHOTOGRAPHED BY **GILLES BENSIMON**

STYLED BY **MELISSA VENTOSA MARTIN**

to 5. She's casually chic in a loose black tunic, faded skinny jeans, black d'Orsay flats and delicate gold-and-diamond jewelry; her side-parted bob is appealingly messy. As she discusses the business's string of new initiatives, she speaks with the authority of a seasoned executive.

The story of how Alba hatched the idea for The Honest Company demonstrates just how determined she can be when she sets her mind to something. In 2008, while pregnant with older daughter Honor, 7, with now-husband Cash Warren, she broke out in hives after using baby laundry detergent. Alba turned to the Internet to find out why. "I was horrified by the realities around the use of chemicals, and also the link that these chemicals have to a lot of illnesses, from obesity to lung disease to cancer, allergies, eczema—all of it," she explains. "I was bringing this little person into the world and I thought, I want her to be healthy."

She approached Christopher Gavigan, former CEO of the eco-focused nonprofit Healthy Child Healthy World, about sourcing safer household essentials. "It was challenging to find products that were accessibly priced and effective," she says. "I was like, 'It's just gotta be easier for people.'"

Since then, Alba has immersed herself in the world of entrepreneurship with energy to spare. She created a 50-page business plan. She hired Gavigan as a consultant, eventually persuading him to join her as the company's cofounder. She wooed the rest of her team of executives, a process that took years. And she has spent many a late night digging deep into the science behind her trade. "My husband complains about my research," she says, laughing. "I just go into a hole of Google. He's like, 'The light! In the corner of my eye!' But it's hard to turn it off."

Alba's limitless sense of hustle comes from seeing herself as an underdog of sorts. Growing up on Air Force bases before settling into a modest home in the Los Angeles suburbs, she was a "sickly kid," afflicted by asthma and bouts of pneumonia; she had to carry a breathing machine to her soccer games. Nevertheless, her family had an up-by-the-bootstraps mentality. "I was on a swim team, and I was chubby and slow and dead last—a full two laps last. I was crying and couldn't breathe," she remembers. "My mom and dad were like, 'You started this, you're going to finish it!' My parents made me stick to stuff, pick myself up. It's painful to go through, but I appreciate that tough love."

She also observed her parents' careers carefully from a young age. Her mother "jumped around a lot with her jobs," Alba says, while her father built a small mortgage and real estate business after retiring from the military. "He always wanted to work for himself," she says.

## "FOR A LONG TIME, I DIDN'T THINK I WAS SMART. I FELT LIKE AN IMPOSTOR."

"Watching him figure that out was subconsciously an example. For me personally, I knew I didn't want to be poor. I knew I didn't want to struggle financially."

Acting, which Alba began at age 12, became a means to that end. She saved her earnings from TV spots landed during her teens, and after she graduated from high school at the age of 16, "I gave myself two years to get a job that would put me on the map. Otherwise I was going to go to college," she says. "I approached Hollywood like a business." Alba's signature fare—globally distributed, big-budget tentpole films—was a deliberate choice. "I was very calculated. I wanted to be treated like a guy; I wanted to put asses in seats," she says. "I saved my money, invested wisely and marketed myself. I've been building my own personal brand over time."

Yet Alba says she faced feelings of self-doubt, just like anyone else. "For a long time, I didn't think I was smart," she confesses. "I felt like an impostor. I remember presenting at the Oscars and thinking, They're all going to know I shouldn't be here! But now I realize everyone sort of feels like an outcast. It's not

SELF MADE JESSICA > 120



### BEAUTIFUL MIND

"I approached Hollywood like a business," Alba says.

BANDEAU Rochelle Sara

**BEAUTY NOTE** Genius styling move: Spritz on John Masters Organics Sea Mist, \$17, to give hair a beachy, tousled look.



SHAZAM THIS PAGE TO SEE AN EXCLUSIVE VIDEO OF HOW JESSICA GETS UP AND OUT.



# 5 WOMEN WHO INSPIRE ME

**TORY BURCH** *designer*

"She's been a mentor, just talking me through business operationally. Whenever I've had challenges, she advises me to take the high road."

**DANIELLE WEISBERG & CARLY ZAKIN**

*founders of e-newsletter The Skimm* "They're tenacious, smart, awesome. And they're informing a whole new generation of women."

**DIANE VON FURSTENBERG**

*designer* "Her approach and the way she's marketed her brand are quite innovative. What she's done with that wrap dress is incredible!"

**MINDY GROSSMAN**

*CEO of HSN* "She's kick-ass in business. Something I got from her is to always sit at the table as a woman. When you're in investor meetings, a lot of women sit behind the men. It shouldn't be that way."

## HONESTLY...

"I don't know if you ever have a balance," Alba says. "I feel pulled in different directions at all times!"

**TOP** Cali Dreaming **SKIRT** Mugler

Hair, Renato Campora for Wella Professionals; makeup, Monika Blunder at The Wall Group; manicure, Ashlie Johnson for Chanel Le Vernis; production, GE Projects. See Get-It Guide.



Boutique fitness studios are the buzziest place to break a sweat these days—but it's not about which class you take. It's about *whose*.



PHOTOGRAPHED  
BY JAMES RYANG  
STYLED BY  
MARINA MUÑOZ

# THE RISE OF THE SUPER INS





Riding with Stacey Griffith at SoulCycle can be life-changing. It certainly felt like that for Jaclyn Darvas, 32, a senior manager at a pharmaceutical company in New York City. After her father passed away from leukemia, Darvas went to a dark place. "It was the most challenging year of my life," she says. "I lost all motivation." Months later, on Thanksgiving morning, she took her first Stacey class. "She taught me how to get up every morning and work through the tough times on the bike," says Darvas. "Stacey didn't just solve my motivation problem. She transformed my life forever."

Behold the power of the super instructor: a new breed of therapist, cheerleader and, yes, trainer, all in one chiseled package. Not into therapeutic mantras? There's an instructor for everyone. (Most major cities have at least one cult of fitness personality; New York City and Los Angeles boast a dozen each.) Ballet Beautiful's Mary Helen Bowers woos students to a fantasy world where leg warmers and leotards are de rigueur. Tracy Anderson's hip-shaking dance-cardio classes make women feel like Madonna (a former Anderson devotee). David Siik, creator of Equinox's Precision **SUPER INSTRUCTOR > 122**

#### SOULCYCLE

## STACEY GRIFFITH

The room is dark, the music is turned way, way up, and Stacey Griffith—SoulCycle's ripped, cropped-blonde superstar instructor—is in her element, dancing, shouting motivational one-liners and inspiring a packed class of riders to pedal faster, dig deeper and dream bigger. "Whatever your *it* is, I want you to get down on it!" she shouts, riffing off the song blasting over the sound system, Kool & the Gang's "Get Down on It." **STACEY GRIFFITH > 122**

Top model Grace Mahary (left), shown with Griffith, is a SoulCycle regular.

ON MAHARY **SPORTS BRA** VPL **SHORTS** 9 2 5 Fit **BRIEFS** Beach Riot **HAIR BAND** Jakimac **WATCH** Apple **SHOES** Shimano **SOCKS** Tracksmith **WATER BOTTLE** Klean Kanteen  
ON GRIFFITH **SPORTS BRA** SoulCycle **PANTS** Athleta **WATCH** Apple **SNEAKERS** Nike

# TRUCTOR

BALLET BEAUTIFUL

# MARY HELEN BOWERS

Stepping into the sun-bathed Ballet Beautiful studio in New York City's SoHo is like entering a fairy tale. Students happily march up five flights of stairs to reach this castle in the sky, where lithe women in petal-pink leg warmers reign, their hair slicked back in ballerina buns. Satin-trimmed tutus dangle on wrought-iron ballet barres. "I want to create an environment that is positive and transformative," says Mary Helen Bowers, the delicate yet formidable creator.

**"WOMEN WANT TO BE TOLD THAT THEY'RE DOING GREAT, THAT THEY'VE GOT IT. THEY ARE—AND THEY DO."**

Bowers, who is pregnant with her second child, is quiet, elegant, calm. In other words, decidedly *untrainery*. She doesn't play music: The only sound is her melodious voice gently guiding students through precise movements that stretch, lengthen and tone. Bowers's quietly rigorous approach has attracted a client roster that includes scores of models—she's flown to Paris for fashion week annually to help them maintain their runway-ready figures—and actresses like Natalie Portman, whom she plied into prima ballerina form for the movie *Black Swan*.

And then there are the thousands of women across the globe who have signed up for her \$39-a-month video-streaming membership to hone their own ballerina bodies. Bowers allows no "negative talk" in her studio—from students or instructors—and encourages clients to think of exercise as a self-reward or treat. "My approach is challenging yet supportive," she says. "Fitness is not just about how you look; it's about how you feel."

—Tatiana Boncompagni

Model Caroline Lowe (left) channels her inner ballerina with Bowers.

ON LOWE **LEOTARD** KD Dance **SHIRT** Tees by Tina **SHORTS**, **LEG WARMERS** and **SHOES** Ballet Beautiful

ON BOWERS **SHRUG**, **LEOTARD**, **TIGHTS** and **SHOES** Ballet Beautiful **NECKLACE** Aili







## SIGNATURE MARY HELEN MOVES

**MARCHING ABS** Sit on a mat with feet on floor. Lean back and position arms in front of you as if holding a beach ball. Lift right knee and turn upper body toward it. Lower foot and switch sides for 1 rep. Do 2 sets of 8 reps.

**SWAN ARMS** Stand with feet hip-width apart, arms out to sides. Lower arms without collapsing chest. Lift elbows and raise arms for 1 rep. Do 3 sets of 8 reps.

**BALLERINA LUNGE** Stand with feet together, toes out, arms out to sides. Bend left knee and extend right leg behind you, toes touching floor. Drop arms as you deepen bend in front knee. Straighten front knee for 1 rep. Do 2 sets of 8 reps on each side.

**ARABESQUE EXTENSION** Stand with feet together. Extend right leg back and stretch arms out to sides. Lower, then lift back leg 45 degrees for 1 rep. Do 2 sets of 8 reps. Switch sides; repeat.

# 400K

Number of people following Bowers  
on Instagram

# ASHLEY GRAHAM

"The first time I went to Anna's class, I felt like Beyoncé," says top model Ashley Graham (near right), creator of the popular Net-a-Porter workout-video series Curvy Fit Club, shown with Kaiser.

ON GRAHAM **SPORTS BRA** Lululemon Athletica  
**PANTS** Human Performance Engineering **EARRINGS** and **NECKLACE** Melissa Joy Manning **WATCH** Apple  
**GLOVES** AKT InMotion  
**SNEAKERS** Adidas

ON KAISER **SWIM TOP** All Sisters **SHORTS** 9 2 5 Fit  
**BRACELETS** The Brave Collection **SNEAKERS** Nike

Hair, Seiji at the Wall Group; makeup, Talia Sparrow at Kramer + Kramer; manicure, Casey Herman for Chanel Le Vernis. See Get-It Guide.

## SIGNATURE ANNA MOVES

**HIT IT** Stand with feet together. Step right with right foot, bending knees and leaning forward to tap floor with left hand. Stand, reaching right hand overhead and sliding feet together for 1 rep. Do 10 reps. Switch sides; repeat.

**PONY HOP** Stand on right foot, left leg crossed behind right, left arm extended overhead. Jump left onto

left foot, bringing right leg behind left and extending right arm overhead for 1 rep. Do 20 reps.

**KICK AND PLAY** Stand on left foot. Kick right foot forward, then jump out with legs wide, swinging hands at sides.

Land with knees bent, hands on thighs. Repeat on opposite side for 1 rep. Do 10 reps.



SHAZAM THIS PAGE FOR MORE WORKOUT TIPS FROM OUR SUPER INSTRUCTORS.





# 25

Number of body rolls (a neck-to-hip move) in a typical Kaiser class

AKT INMOTION

## ANNA KAISER

Everything about Anna Kaiser's New York City studio, AKT InMotion, is hot. Red lightbulbs cast a dim glow over the spare industrial space. Foxes's "Body Talk" throbs over the sound system. The students, a mix of actresses, models and high-octane professional women, glisten with sweat. And, of course, there's Kaiser herself, a 5-foot-2 powerhouse in booty shorts and a black beanie, kicking, snaking and sashaying fiercely to the beat.

**"YOU MOVE WITH YOUR FEET, BUT YOU DANCE WITH YOUR HEART. LET GO AND FLY!"**

Kaiser specializes in helping women feel sexy in their own skin. The former professional dancer jets to Barcelona monthly to keep the ultimate hip shaker, singer Shakira, in tip-top shape. But wherever she is, Kaiser creates a vibe that's about letting loose and feeling free. "Anna is all *woman*," says AKT regular Sarah Siciliano Wragge, 33, a global marketing director at a production company in New York City. "She encourages us to let go."

Letting go in Kaiser's classes—they have playful names like AKTease, 4Play and S&M—means steamy dance moves plus strength intervals using resistance bands or weights. The first time, "you think you might die," jokes model and superfan Ashley Graham. Because Kaiser is generous with encouraging howls, she's not a big fan of breaks. "When you push yourself beyond what you thought you were capable of, you're powerful," Kaiser says. "You're your best self."

And for Wragge, her most confident self. "Anna has gotten me in touch with my sensuality," she says. "She's so empowered, it gives you permission to be the same." —Michelle Ruiz

# WORK- OUT FACIALS

Reps, sets, circuits: The new way to shape up your complexion starts with targeting your facial muscles. Writer **Kayleen Schaefer** prepares to get toned.

“Lift and hold!” I hear these words as I raise my eyebrows. An aesthetician stands over me, counting reps and pressing on my forehead to create resistance. I feel like I’m in pilates class, but instead I’m at FaceLove Fitness, a new spa in Greenwich Village, New York City.

Forget reclining with cucumber slices on your eyes. The latest treatment that leaves you refreshed and glowing is the workout facial, a combination of targeted movements and sculpting exercises designed to keep your face lifted and taut. Top aestheticians, along with dedicated beauty zones like FaceLove Fitness and Spa Junkie by FaceGym at Selfridge in London, believe that the muscles in your face are just like any other in your body: Consistently putting them through certain actions ensures

that your skin performs at its best. “We’re not facialists,” says Inge Theron, creator of Spa Junkie by FaceGym. “We’re face trainers.” But do the results last? I was ready to flex and find out.

## THE ROUTINE

Unlike most spa treatments, which rely on steam, pore extractions, exfoliation and masks to boost your complexion, workout facials focus on deep, manual massage. The big idea: Moving muscles a certain way strengthens them, which can tone your face and pump blood and oxygen to the surface (the secret to looking radiant).

There hasn’t yet been much research on facial exercise (either its short- or long-term benefits), but anecdotal evidence suggests that these workouts may be as good for your visage

PHOTOGRAPHED BY TAEA THALE | STYLED BY DANIA ORTIZ






#### **PUMPED UP**

Putting your facial muscles through a workout keeps them conditioned—the same way that exercise improves your body.

**SWIMSUIT** Beth Richards **EARRING** Venus by Maria Tash

Hair and makeup, Amy Chin; model, Caroline at Marilyn NY. See Get-It Guide.





**MASK** (in black jar)  
Chanel Le Lift  
Firming Anti-Wrinkle  
Recontouring  
Massage Mask, \$100  
**MASK** (in clear jar)  
Clinique Sculptwear  
Contouring Massage  
Cream Mask, \$45

PHOTOGRAPHED BY  
JOEL STANS



as weight training is for your body, says Murad Alam, M.D., professor of dermatology and the head of cosmetic dermatology and dermatologic surgery at Northwestern University. “It’s possible that facial exercise may help make muscles tighter, firmer and more youthful appearing,” he says. “Toning can improve contours and reduce flab on the body, so why not on the face?”

Why not, indeed. My session at FaceLove Fitness begins, appropriately enough, with a warm-up: a firm but pleasant cranial and neck massage to stimulate blood flow. Then it’s time to exercise. My workout focuses on my entire face, starting at the forehead, with eyebrow raises, squints and reps of frowning my brow. (“This gives you an eye lift,” explains Rachel Lang, a cofounder.) Next I move on to a series of exaggerated smiles. (Exercises are typically done in sets, like you do for sit-ups or leg lifts—and, yes, the aesthetician counts your reps with you.) Then I press my chin to my chest while pushing against a tiny resistance hoop—the same type used for tightening your abs. (Who knew this tool served another purpose?)

In the last stretch of the workout, my aesthetician massages and molds my muscles, often aggressively, to energize my skin, reduce puffiness and get rid of tension. To further rev up circulation, she briskly runs semiprecious jade stone rollers over my face. No products are used, save for orange-blossom mist (sprayed between each phase of the facial to calm my skin). The whole treatment lasts 30 minutes. Afterward, I have a light-pink glow, as if I’ve actually just finished a workout.

### THE TECHNIQUES

Muscle-shaping methods vary by facialist, and they’re closer to deep-tissue than Swedish massage. These movements engage the muscle, such as when NYC facialist Kariné Kazarian pinches the skin (like your doting aunt might do to your cheeks). “When you want to look good, you exercise. We have muscle on our face that needs exercise, too,” she says.

Conventional wisdom suggests that flexing certain facial muscles, as when you squint or frown, can wrinkle your skin, but the repeated movement isn’t the culprit. The more likely causes are sun damage, your genetic makeup and your skin losing elasticity as you age. “Getting blood flowing in your face is a good thing,” says FaceLove Fitness cofounder Heidi Frederick. “You’re pumping up the muscle, and not in a bad way. This acts as a natural filler.”

## A WORKOUT FACIAL TO DO AT HOME

No time to hit the spa for facials, or prefer to train your skin on your own? Just try this mini-workout, developed by FaceLove Fitness, two to three times a week.

1

Start by working the forehead: Pull your eyebrows inward while holding your temples (with your index and pinkie fingers) to create resistance. Do 10 reps.

2

Next, give your eyes a lift by placing the pads of your fingers under both eyes (the index finger should be just under your lower eyelashes; the middle finger should be just on top of your cheek) and squinting. Try to close your eyes, but use your hands to make it harder. Hold for 5 counts. Do 10 reps.

3

Finish by toning your jaw with a chin press. Make your hands into fists and place them under your chin, like a platform. Slowly press your chin to your chest, pushing against fists, for 5 counts. Do 10 reps.

Other facialists use the French-derived “Buccal technique,” or actually reaching inside the mouth to press on tissue from both inside and out (dental exam not included!). This stimulates lymphatic drainage to reduce puffiness. “You’re really just trying to flush everything out,” says San Francisco-based facialist Kristina Holey. The goal: to make you appear less stressed, more post-vacation refreshed.

### THE BOOSTS

Just as holding a medicine ball makes sit-ups extra challenging, high-tech tools make workout facials more effective. NYC facialist Ildi Pekar, founder of Ildi Pekar Skin Care & Spa, augments her Hungarian tapping massage with microcurrent technology, which uses extremely low levels of electricity and is believed to stimulate the muscles of your face and neck. “It’s like a little personal trainer,” she says. Post-workout, Kazarian glides a cotton wand dipped in liquid nitrogen over her client’s face and neck to cool the complexion and contract the blood vessels. “This helps tone and heal skin,” she explains.

### THE MAINTENANCE

Most experts say the workout facial results can last anywhere from a couple of days to a week; my eyes and cheeks looked noticeably lifted for at least three days. The benefits are cumulative (meaning, the more you work out, the stronger your skin will get). These fixes can cap off the healthy perks you’re already getting from hitting the gym regularly, since exercise helps reduce wrinkle-causing inflammation.

It’s also possible to whip your skin into shape at home with a combo of pro moves (left) and the latest powerhouse products. CosMedix Peptide-Rich Defense Moisturizer With Broad Spectrum SPF 50 Sunscreen (\$58) contains peptides and amino acids to help prevent any loss of elasticity. To spot-treat and tone, Estée Lauder New Dimension Shape + Fill Expert Serum (\$89) features a mix of volumizing ingredients that target the cheek area and jawline.

At night, go for a retinol cream to stimulate collagen, like Dermalogica Age Smart Overnight Retinol Repair (\$85). Once a week, rotate in a strengthening mask, such as Chanel Le Lift (\$100). Or try Clinique Sculptwear Contouring Massage Cream Mask (\$45), which firms your skin and fends off fine lines with (what else?) a shot of whey protein. Consider it a postworkout shake—for your skin. ●



# THE END OF

WOMEN ARE (FINALLY!) SAYING NO TO RESTRICTIVE DIETS AND WEIGHT LOSS FADS. INSTEAD, WE'RE HAVING OUR CAKE AND EATING IT, TOO—AND FEELING BETTER THAN EVER.

**BY GABRIELLE GLASER**



When Mallory Gibson, 29, moved to New York City after college to work as a financial analyst at an investment bank, she soon found herself grinding out super stressful 14-hour days. She ate takeout at her desk most nights—and, not surprisingly, put on a few pounds. Although she'd been a healthy-enough eater at college in Austin, Texas, where she'd grab meals at the flagship Whole Foods, now she turned to juice fasts to manage her weight. Her type A drive served her well. "Everyone else was like, 'I can't do it more than a day!' and I'd be on day five," she recalls. But often, when she'd finish, she'd find herself going out with friends and "eating badly, drinking too much wine."

The pattern was physically and emotionally exhausting. "It wasn't sustainable—and I realized that I needed to stop being so restrictive," says Gibson, who was reminded of how, while she was growing up, her parents and brother had cycled

between Atkins, Nutrisystem and other regimens. Ironically, it was when she tried Whole30, an anti-inflammation plan that calls for cutting out and reintroducing certain foods to see how your body responds, that the lightbulb went on. "For the first time, I started paying attention to how foods made me feel," she recalls. "And I learned that I want to eat things that make me feel *amazing*."

Today, Gibson, who works at a hedge fund, eats virtually everything—in moderation, as long as it doesn't make her sluggish (too much cheese) or foggy before a big day (too much wine). She applies the same mind-set to exercise—using ClassPass to mix it up—which for years had mainly been a vehicle for calorie shedding. "The motivation isn't that I want to burn 700 calories a day. It's that I want to feel really good," she says. "It's a totally different value proposition."

# DIETING





**PHOTOGRAPHED BY  
JOHNNY MILLER**



Although food trends and body ideals come and go, one thing has always held true: Some women will sacrifice their health and happiness to be thin—from swallowing diet pills to scarfing gallons of cabbage soup. But a funny thing happened as the food revolution turned chefs into celebrities, farmers' markets more than doubled in number and avocado toast took over the Internet. The percentage of women who say they're dieting has fallen by a third over the last two decades. To many, the very notion of eating diet foods seems sort of old-fashioned—a relic of crazy habits people acquired before they knew better about what their bodies needed.

"My mother and sister did the diet thing, and I saw where it led them. If it's all about 'I want to fit into this dress,' it's not going to last," says Lottie Bildirici, 21, a Brooklyn, New York-based triathlete and recipe developer whose site, *Running on Veggies*—a bounty of whole-food recipes like grilled peaches over kale and quinoa pizza crust—draws nearly 40,000 Instagram followers. "If you're eating junk and chewing gum all day, you're not going to be able to perform the way you want to if you're going to SoulCycle or a boot camp class," she continues. "Today, it's all about what food can do for you. Strong is the new thin."

Admittedly, adult obesity in America still hovers above 30 percent. But more Americans than ever are telling pollsters they're trying to eat healthier, more balanced food. One casualty? The weight loss industry. For most of the past five years, two of the country's best-known dieting programs, Weight Watchers and Nutrisystem, reported declining revenues. Sales of low-calorie frozen dinners are plunging (meanwhile, butter consumption has increased by almost 25 percent in a decade). Even diet books are lagging. "People aren't really interested in those 'lose 5 pounds in five days' books anymore," says Sarah Passick, an NYC literary agent. "They're looking for a more sustainable approach. Women want to focus on eating a healthy, whole-food diet rather than obsessing over calories. They want to play an active role in their own health, and to think for themselves."

Passick's comment underscores one of the most remarkable aspects of this shift: A casual fluency in food's health benefits

has a new kind of cachet. Yes, there's still plenty of misinformation out there (ahem, glutenphobes), but researchers are encouraged by the trend, brought on by the rapid advance of food science. "I'm cautiously optimistic that a younger generation of Americans is becoming more educated about the nutrients they need," says Eric Rimm, Sc.D., professor of epidemiology and nutrition at the Harvard T.H. Chan School of Public Health.

Gibson, for instance, says she's attuned to what a food can do for her. She'll snack on a pear because it's high in fiber and water, or have an omelet when she brunches with friends after their favorite TRX class to meet her protein quotient. Checking into how meat was raised or produce was grown is about as normal today as it was for old-school dieters to tabulate calorie counts. Darya Rose, Ph.D., a 35-year-old neuroscientist and author of *Foodist*, as well as the blog *Summer Tomato*, says the new mind-set is partly a reaction to the unimaginative, industrialized products Americans consumed unquestioningly for so long: "We've rediscovered foods that used to be totally unappealing."

Marissa Ronk, 29, an attorney in Denver, describes how she buys only full-fat dairy—no skim milk, no lowfat cheese—in spite of the slow-to-catch-up USDA dietary guidelines, which still steer consumers toward lowfat options. "First of all, full fat tastes amazing," Ronk says. "Second of all, research is showing that dairy fat isn't as bad for you as once thought. With the real thing, you'll actually eat less and be more satisfied with what you're consuming."

She's right about that, and Ronk's point actually gets at a key reason why an entire generation of dieters before her struggled with their weight. In her recent book *The Big Fat Surprise*, journalist Nina Teicholz argues that decades of nutrition guidelines favoring lowfat diets had disastrous health consequences. Not only did it turn out that replacing supposedly harmful saturated fat with sugars and vegetable fats became a much bigger risk factor for heart disease and obesity, she says, but chronic lowfat dieting gave American women an unhealthy

# DIET DATELINE

A LOOK AT THE FIGHT  
AGAINST FAT  
THROUGH THE AGES  
BY EMMA PRENN



**1829**

## GRAHAM'S DIET

Reverend Sylvester Graham, inventor of the graham cracker, advocated a high-fiber diet with no meat and little dairy—to, among other things, "prevent impure thoughts."



**1920s**

## GRAPEFRUIT DIET

Also known as the Hollywood Diet, the idea was to eat half a grapefruit with every single meal in order to kick-start fat burning. (It caught on again in the 1970s.)



**1950s**

## CABBAGE-SOUP DIET

Another crash diet that would later make a comeback, it required consuming excessive amounts of cabbage soup for seven days.

**1970s**

## THE SCARSDALE DIET

Snacking only on carrots and celery and drinking coffee or tea with every meal were lowlights of this low-cal diet inspired by svelte suburbanites.



**1977**

## SLIMFAST DIET

The catchphrase "A shake for breakfast, a shake for lunch, then a sensible dinner" sums up the fun of this liquid meal-replacement plan.



relationship with food. “When you restrict calories, your metabolism slows down,” Teicholz explains, “and in the long run, this makes you more likely to regain weight.”

As anyone who’s ever been on a diet knows, restriction backfires in another way: It causes you to obsess about the very food you’re trying to avoid. Traci Mann, Ph.D., professor of psychology at the University of Minnesota and author of *Secrets From the Eating Lab*, notes, “When you’ve been dieting, even looking at food gives you a stronger dopamine rush.” The aim for successful weight management, she says, is to make it easier to choose healthy food—without cutting out anything.

The good news is that so many of us are already there. Dopamine—the “feel-good” neurochemical—is essentially what our brains are bathing in as we swipe through the Technicolor cornucopia of Instagram feeds and Pinterest recipe boards. But our synapses fire as much for that glistening lacinato kale salad or barley tossed with shaved golden beets as they do for cake. A picture is worth 1,000 words, especially when those words have traditionally carried the scolding tone of “Eat your vegetables.”

Australian fitness phenom Kayla Itsines is a master of this form—her posts of jewel-toned smoothie bowls crowned with fresh fruit can garner more than 50,000 likes, often rivaling the numbers on her super fit selfies. Itsines says she wants women to know that they don’t have to restrict any foods if they feel good eating them; she herself eats “from all five food groups, because that is the best way to fuel my body to have the energy it needs.” She’s a proponent of this new kind of food-positive attitude that makes you want to kill it in your workout—not to cancel out last night’s burger and beer, but to reward yourself with, say, a nourishing bowl of spinach and avocado salad. And like many others in her world—author Ella Woodward of *Deliciously Ella*, *Love & Lemons* blogger Jeanine Donofrio, the *Tone It Up* girls—she does it by stirring up a contagious positivity, creating a community in which “women encourage and motivate each other on their healthy lifestyle journeys,” as Itsines puts it.

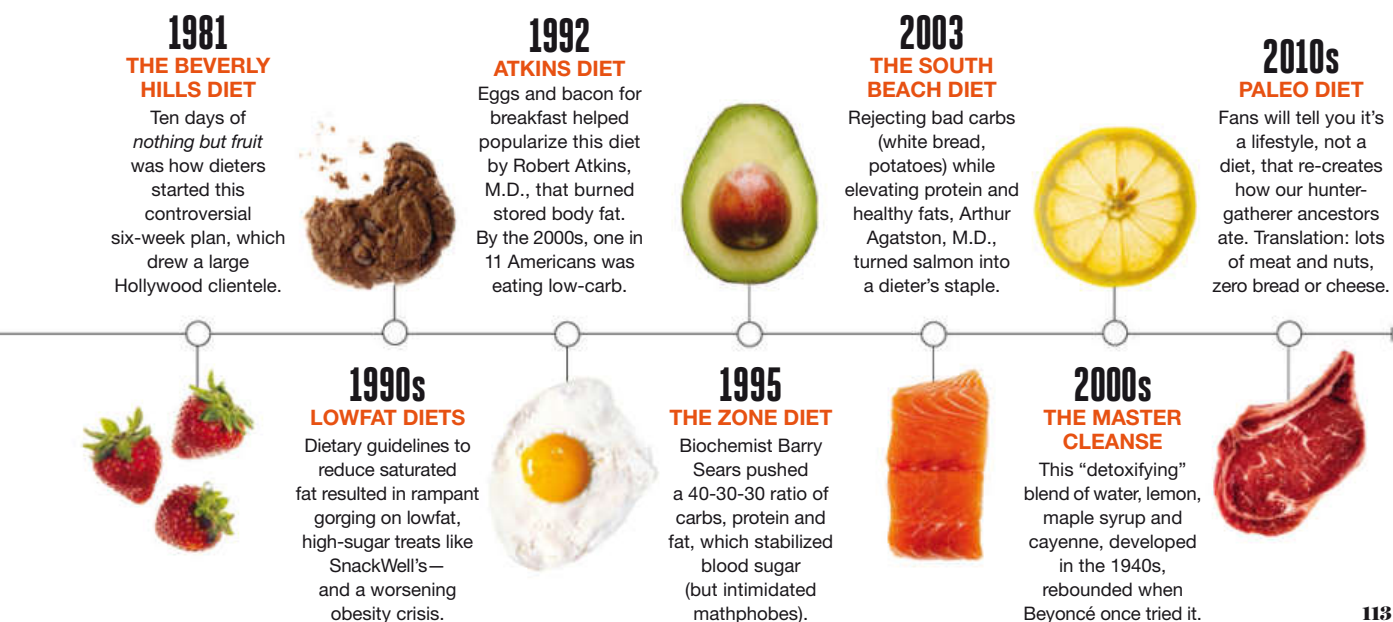
Research shows you’re likely to eat healthier if your friends do, too. And so the Web has become a virtual communal table, where good food brings us a little closer to one another, making us aspire to better versions of ourselves. Andrea Baumgartner, 23, a community manager and a copywriter at an NYC advertising agency, says she regularly logs onto Pinterest to see what her foodie friends are up to. “My roommate is opening a farm-to-table restaurant, and I love seeing what the chef brings back from the farmers’ market,” she says. “Another friend is obsessed with açai bowls. I also have friends who post their baking adventures, which gets me excited to

**“I eat from all five food groups because that is the best way to fuel my body to have the energy it needs,” Itsines says.**

bake something with alternative ingredients. When I see what my friends are doing, I’m more motivated to do it myself.”

Lack of motivation—specifically, sustained self-motivation—was arguably what doomed generations of dieters to fail. It’s hard to find a higher calling only in pounds lost or in inches no longer pinched. You can imagine Jean Nidetch, who founded *Weight Watchers* in 1963 and recently died at 91, cheering at the news that so many women now crave the healthy foods that the program tried to get them to eat with controlled portions and precounted calories; by incentivizing them with points, not pleasure.

And it’s precisely because women are making their own food decisions—cooking for themselves and wanting to feel their best after every bite—that they’re finally winning the diet wars. “Eating well is about self-discovery, knowing what your body needs and making changes to fit that,” Baumgartner says. “I don’t think I could actually ever do a diet. I love food too much.” ●



TALK  
WHOLESOME  
TO ME.



**#GetFresh in the freezer aisle.**  
Meet the hottest thing in fresh-frozen cuisine. [luvoinc.com/wheretobuy](http://luvoinc.com/wheretobuy)



# (SELF) INDULGE

## GINGER

*May aid digestion  
and prevent  
muscle soreness*

## FENNEL

*Toss into savory  
dishes for a hint of  
anise—and a natural  
breath freshener.*

## NUTMEG

*Great for your skin  
and full of fragrant  
flavor—a pinch  
is all you need.*

## TURMERIC

*Gives any meal  
an anti-  
inflammatory  
boost*

## CARDAMOM

*The seeds from  
these aromatic  
pods may lower  
cholesterol.*

## CINNAMON

*Grate into coffee,  
muffins and more  
to help keep blood  
sugar in check.*

## MUSTARD

*Pungent and  
high in heart-  
healthy omega-3  
fatty acids*

## SUMAC

*Tart, exotic  
and antioxidant-  
rich—sprinkle  
away.*

# ADD SOME SPICE

→ Give your next Sunday brunch a delicious kick with easy and health-boosting recipes from Amanda Chantal Bacon of L.A.'s Moon Juice.

Photographed by RYAN LIEBE



**(SELF) INDULGE**

**SPICED  
COFFEE**

*Steamed  
almond milk  
and three  
spices make  
it weekend-  
worthy.*

**ROASTED  
CARROTS**

*Fennel seeds plus a  
dash of cinnamon  
upgrade a simple side.*







**EGGS OVER GREENS**  
*A generous pinch of sumac lends this classic pairing a tangy twist.*



**FALL-FRUIT BOWL**  
*With a drizzle of cardamom cashew cream, it tastes decadent.*



**GINGER GREEN JUICE**  
*Tart, fresh and zingy—in only four ingredients!*



**CHICKPEA PANCAKES**  
*Serve these gluten-free flapjacks with a black-mustard-seed coconut raita.*





## TEMPTING MEETS WHOLESOME

The Special K Flatbread Sandwich. Real eggs, sizzling bacon, and melty cheese, all in 220 deliciously satisfying calories.





## Spiced Coffee

MAKES 7 CUPS

- 1 cup freshly ground coffee
- 4 tsp ground cardamom
- 3 tbsp honey
- 2 tsp cinnamon
- 1 tsp nutmeg

1–2 cups almond milk

In a coffee filter, add coffee, cardamom, honey, cinnamon and nutmeg. Mix gently with a spoon to combine. Add water to coffeemaker and brew. In a small pan over medium heat, warm almond milk until just steaming. Pour coffee into mug, top with desired amount of almond milk, and serve.

## Roasted Carrots

SERVES 4

- 1 bunch rainbow carrots (about 7 carrots)
- 3 tbsp coconut oil
- 1 pinch Himalayan salt
- ½ tsp ground fennel seed
- ¼ tsp cinnamon
- ½ lime
- ¼ cup fennel fronds

Heat oven to 400°. Cut carrots in half vertically. In a cast-iron skillet over medium-high heat, heat coconut oil. Add carrots, cut side down, and sprinkle with salt, fennel seed and cinnamon. Cook carrots until lightly browned, about 4 minutes; transfer to oven and continue cooking until carrots are soft, about 20 minutes. Remove from oven and arrange on serving platter. Drizzle with coconut oil and spices from pan; squeeze lime over top and garnish with fresh fennel fronds.

## Fall-Fruit Bowl

SERVES 4

- 1 cup raw cashews
- ½ tsp ground cardamom
- 4 tbsp honey, divided
- 3 cups fall fruit (pears, apricots, blackberries and raspberries)

In a bowl, soak cashews in water at least 4 hours; strain. In a blender, puree cashews, cardamom, 3 tbsp honey and 2 tbsp water until creamy. Pour into a second bowl and drizzle reserved honey on top. In a third bowl, add sliced pears and apricots and toss gently with berries. Serve with cardamom cream on the side.

## Eggs Over Greens

SERVES 4

- ¼ red onion
- 2 pinches Himalayan salt, divided
- 3 tsp sumac, divided
- 2 tsp apple cider vinegar
- 2 tbsp olive oil
- 3 cups Little Gem lettuce

- ¼ cup black olives, oil-cured, pitted and roughly chopped
- 1 tbsp pumpkin seeds
- 2 tbsp coconut oil
- 4 eggs (1 per person)

Cut red onion into thin slices. Place in bowl with a pinch of salt, 2 tsp sumac and vinegar. Let sit for 10 minutes; add olive oil and combine. In another bowl, toss lettuce, onion mixture, olives and pumpkin seeds. Arrange on serving dish and set aside. In a large skillet over high heat, heat coconut oil. Crack 4 eggs into skillet and cook until whites are set and yolks are slightly runny, about 3 minutes. Transfer eggs to top of salad. Add a pinch of salt and remaining 1 tsp sumac on top of each egg and serve.

## Ginger Green Juice

SERVES 2

- 1 head celery
- 2 Granny Smith apples
- 1 lemon, peeled
- 1 piece ginger (about 1 inch), peeled


Place all ingredients in juicer and juice.

## Chickpea Pancakes

SERVES 4

- 1 cup chickpea flour
- 3 pinches salt
- 2 tsp turmeric
- 1 cup sparkling water
- 1 scallion, thinly sliced
- 1½ tbsp coconut oil, divided
- 1 coconut
- 1 tbsp black mustard seed
- 5 stalks mint, leaves plucked and chopped
- 2 cloves garlic, finely chopped
- 1 tbsp lime juice

In a bowl, combine flour, salt and turmeric. Add sparkling water and mix until just combined; fold in scallion. In a cast-iron skillet over medium-high heat, heat 1 tbsp coconut oil. Drop ½ cup batter into skillet; flip when bubbles appear at the center and underside is just golden, about 3 minutes per side. Repeat 3 times; set pancakes aside. In a blender, puree meat of coconut with enough water to form a yogurtlike consistency. In a skillet over medium-high heat, toast mustard seed with remaining ½ tbsp coconut oil, 2 minutes. Remove from heat and add mint and garlic. Cool and add to blended coconut mixture. Add lime juice and mix until well combined. Pour into bowl and serve alongside chickpea pancakes.

 **BONUS!** Get our recipe for Cinnamon Persimmon Muffins at [Self.com/go/muffin](http://Self.com/go/muffin).

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**K**

The Special K Flatbread Medley. Eggs with spinach and melty cheese on a thin bagel baked with whole grain, all in 170 deliciously satisfying calories.



Find it with frozen breakfast sandwiches.

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## SELF MADE JESSICA

CONTINUED FROM 98



until you feel whole in yourself that you fit in anywhere. And it took me becoming a mom to actually feel that way.”

This in mind, Alba has made The Honest Company a place where moms fit in: Work-life balance for employees, particularly women, has been a priority from the get-go. Alba insisted on the office’s on-site lactation room, as well as a tree house and play area for kids who visit their parents at the office. She herself takes advantage of this policy: On the day of our interview, her younger daughter, Haven, 4, is joining her for lunch. “I think it’s important to connect with your family as much as possible,” she says. “Even just seeing my girls in the middle of the day for 20 minutes.”

Her support for women and children also comes across in the company’s charitable endeavors, from hosting in-office blood drives to sponsoring events with organizations like Girls Who Code to providing products to child-care centers (nearly 700,000 items have been donated so far). Alba has even taken her crusade to Congress: She’s spoken out in favor of legislation to limit the use of potentially harmful chemicals in household products. She and Gavigan recently met with a group of senators to lobby for reform of the Toxic Substances Control Act, a law that hasn’t been updated since 1976.

And as the company has grown, Alba has continued to listen to what women want. “Our customer, from day one, was like, ‘I really want you to take care of me,’” she says. “They all want to have safer and healthier beauty products; there’s just nothing out there.”

Now there is, as this fall marks the arrival of the brand’s most ambitious venture yet: a complete range of makeup and skin care called Honest Beauty. Like the rest of The Honest Company’s wares, the products have been formulated

for maximum wallet friendliness and minimum environmental impact—but they’re also chic enough to show off. From the silver-and-white color palette to the high-fashion-inspired branding, “it’s going to be a completely different experience,” Alba says.

In conceiving the brand, she drew on her own experience modeling for L’Oréal and Revlon. “I learned about marketing and creative and how the consumer wants to be talked to,” she says. “I really, really appreciate the time that I spent understanding women’s behavior.”

The fact that Alba is a total product junkie doesn’t hurt, either. “I’ve tried every makeup brand, beauty brand, skin-care brand,” she says. She spent years collecting favorite products from as far as France and Japan, later challenging her company’s chemists to formulate safer versions. She now sits alongside the team in the beauty division, where she stays on top of every facet of development, “from packaging to design to copy,” she says. She lights up as she discusses the skin-smoothing benefits of the hyaluronic acid in the line’s new primer (“It’s a godsend”) and the slightly askew *o* in the new Honest Beauty logo.

Of course, Alba is still a bankable star, and despite the demands of her day job, she makes a point of taking short breaks a couple of times a year to fit in film roles that interest her. At the moment, she’s prepping for some final shots for *Mechanic: Resurrection*, a sequel to the 2011 blockbuster action flick. “The last time I really did action was in *Dark Angel*,” she recalls. “I have all these skills, and I haven’t been able to utilize them!” Next year will also see the release of the coming-of-age indie *Dear Eleanor*, directed by her *Entourage* costar Kevin Connolly, and *The Veil*, a horror-thriller. “There’s something about that creative expression that’s just part of who I am,” she says. “I can’t not do it.”

How, exactly, does Alba manage to do all of it? She notes that “there’s no such thing as a one-woman show”—a piece of advice she encourages any aspiring businesswoman to follow. “If you have a great idea but you don’t have people who can actually execute on it, good luck,” she says. “You know what’s great? Surrounding yourself with people who are

smarter than you and better than you.” The company’s collaborative work environment (Alba herself famously lacks a private office) encourages a constant flow of ideas. “I love a good debate,” she says. “I’m not so stuck in my way where it’s ‘My way or the highway.’”

And though she says, “I don’t know if you ever have a balance,” Alba tries to maintain hers with a disciplined schedule. She sees her daughters off to school or camp each morning and spends bath and reading time with them each evening. Near-daily workouts also keep her energy up. Alba is usually out of bed at 6:15 A.M. for SoulCycle or hot yoga unless she’s prepping for a movie, in which case she’ll work with a trainer. The benefits extend far beyond the physical. “I feel pulled in different directions at all times,” she admits. “There’s something nice about me-time. My most productive thinking often happens during or after a workout.”

Alba also makes sure to “eat fresh as much as possible.” Breakfast might be steel-cut oatmeal or a smoothie. Lunch is usually delivery from Real Food Daily, a nearby eatery famed for its salads and macrobiotic plates. Her “vice,” she says, is popcorn popped with coconut oil, which her assistant stocks at every Honest Company meeting. And though she sometimes has lean meat at dinner, “I’m trying to go more plant-based,” Alba says. “Cutting down on meat has an impact on the environment, so if I can do my little part, I try.”

Staying mentally fit is another piece of the puzzle. Alba’s friend Russell Simmons persuaded her to start dabbling in meditation, and she’s downloaded The Mindfulness App on her phone. “You can do a 3- or 5- or 15-minute meditation,” she says, “and just disconnect.”

Yet there’s also such a thing as good stress—and running a business brings Alba the right amount of it. “I have the most anxiety when I’m doing a movie, because I’m not here,” she says. “Here, I feel like there’s a purpose.”

For her, that purpose is no less than making the world a safer, healthier place—and setting an example for her daughters about the power of dreaming big. “I don’t want to regret not going after something,” she says. “You’ll only be better, even if you make mistakes.” ●



## GET-IT GUIDE

**Cover** Top, Narciso Rodriguez; Bergdorf Goodman, 800-558-1855 for similar styles. Bottom, \$99; Cali-Dreaming.com.

**Page 6** Bandeau, \$185; RochelleSara.com. High-waisted brief, \$79; Nookie.com.au.

**Page 17** From left: Leggings, \$96; BodyLanguageSportswear.com (available in November). Sneakers, \$110; Nike.com. Leggings, 9 2 5 Fit, \$129; Restless Soul, 305-932-4155. Sneakers, \$130; Nike.com.

**Page 24** Crop top, \$65, and tights, \$80, Adidas by Stella McCartney; Adidas.com. Sneakers, \$75; Adidas.com/US/originals.

**Page 40** Swimsuits, Babajaan, \$153 each; BabajaanCollection.com. Pants, Augusta Sportswear, \$30 each; Augusta Active.com. Earrings, Lizzie Mandler Fine Jewelry, \$350; LizzieMandler.com.

**Page 50** Shirt, Adeam, \$895; Saks Fifth Avenue.

**Page 61** Sports bra, \$55, and briefs, \$52; Nike.com. Swimsuit, \$240; NormaKamali.com.

**Page 63** Vest, Laain, \$170; Net-A-Porter.com. Pants, \$72; GracedByGrit.com. Sneakers, \$140; Nike.com.

**Page 69** Skirt, Giulietta, \$620; Giulietta-NewYork.com for stores. Shoes, Manolo Blahnik, \$735; 212-582-3007. **Page 72** Shirt, \$300; ThomasPink.com. Watch, \$250; Coach.com. Ring, Tom Wood, \$333; TomWoodProject.com.

**Page 90** Jersey, \$170; Brandt-Sorenson.com. Shorts;

SouthpawVintage.com for similar styles. Bikini bottom, Adriana Degreas, \$500 (sold with top); Net-A-Porter.com. Gloves, Velocio, \$39; Velocio.cc. Bike, \$4,870; Cannondale.com. Water bottle, \$18; Rapha.cc. **Page 92** Crop top,

Albertine, \$99; Albertine-Swim.com. Bodysuit, \$200; PanacheCyclewear.com. Bike (with aerobars as shown), \$6,000; Specialized.com. **Page 93** Swimsuit, Adriana Degreas, \$318; RevolveClothing.com. Shirt, T by Alexander Wang, \$200; AlexanderWang.com. Sunglasses, Uvex, \$350; Uvex-Sports.com. Shoes, Sidi, \$180; Spinning.com. Socks, \$10; Cannondale.com. **Page 94** Shirt, \$110; TorySport.com. Bodysuit, Vitamin A, \$86; MollyBrownsSwimwear.com. White ring, Ginette NY, \$280; 212-627-3763. Silver rings, \$140 for four; LuvAJ.com.

**Page 95** Jacket, \$725; 31PhillipLim.com. Bikini top, Adriana Degreas, \$500 (sold with bottom); ModaOperandi.com. Swimsuit, Jo De Mer, \$320; Shopbop.com.

**Page 96** Bikini, \$392 for two-piece (available in November), and skirt, \$1,445; DionLee.com. **Page 98** Bandeau, \$185; RochelleSara.com. **Page 99** Top, \$99; Cali-Dreaming.com. Skirt, Mugler, \$1,275; Neiman Marcus.

**Pages 100–101** On Mahary: Sports bra, VPL, \$44; VPLNYC.com. Shorts, 9 2 5 Fit, \$58; 9Two5Fit.com. Briefs, \$75; BeachRiot.com. Hair band,

\$28; Jakimac.com. Earrings, \$250; AlyssaNorton.com. Watch, \$749; Apple.com. Shoes, Shimano, \$100; BikeShimano.com. Socks, \$14; Tracksmith.com. Water bottle, \$33; Klean Kanteen.com. On Griffith: Sports bra; SoulCycle.com for similar styles. Pants; Athleta.com for similar styles. Hoop earrings, \$130; VenusByMariaTash.com. Safety pin earrings, Bing Bang, \$48; BingBangNYC.com. Watch, \$649; Apple.com. Sneakers, \$190; Nike.com.

**Pages 102–103** On Lowe: Leotard, KD Dance, \$96; KDNewYork.com. Shirt, \$58; TeesByTina.com. Shorts, \$80, leg warmers, \$90, and shoes, \$120; BalletBeautiful.com. On Bowers: Shrug, \$130, leotard, \$86, and tights, \$18, Ballet Beautiful; Net-A-Porter.com. Necklace, Aili Jewelry, \$298; CatbirdNYC.com. **Pages 104–105** On Graham: Sports bra, Lululemon Athletica, \$52; Shop.Lululemon.com. Pants, Human Performance Engineering, \$125; Bandier.com. Earring (on left), \$175, and necklace, \$425; MelissaJoyManning.com. Watch, \$349; Apple.com. Gloves, \$30 each; AKTInMotion.com. Sneakers, \$120; Adidas.com. On Kaiser: Swim top, \$52; AllSisters.com. Shorts, 9 2 5 Fit, \$83; 9Two5Fit.com. Blue bracelet, \$78, and white bracelet (on top), \$38; TheBraveCollection.com. Sneakers, \$110; Nike.com. **Page 107** Swimsuit, \$260; BethRichards.com. Earring, \$123; VenusByMariaTash.com.

## SELECTS



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\*Silk Original Cashewmilk: 60 cal/serv; Silk Unsweetened Cashewmilk: 25 cal/serv; skim dairy milk: 80 cal/serv. USDA National Nutrient Database for Standard Reference, Release 27. Data consistent with typical skim dairy milk.

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## THE RISE OF THE SUPER INSTRUCTOR

CONTINUED FROM 101



Running class, has turned the “dreadmill” into an endorphin machine. “I arrange my travel schedule around David’s classes, because he makes me feel stronger and happier,” says Samantha Leigh Hubshman, 30, an actress in L.A. “Once, I went straight from the airport to his class, suitcase in hand, and jumped on the treadmill!”

Naturally, she checked Siik’s Twitter feed en route. The explosion of social

media has helped lift these trainers to super status: Spin, barre and dance-cardio fans in 2015 can not only take an instructor’s class but also download her Spotify playlist, read her inspirational quotes on Facebook, see where she had brunch on Instagram and even text her strong-arm emojis after hours. The better the instructor’s social media game, the more obsessive her fan base. “Social media helps instructors sell not only a class but a lifestyle,” says Britanny Carter, a fitness industry analyst at market research firm IBIS World.

Whether that lifestyle is ballerina or rock star, the super instructor’s rise to power is akin to a religious revival. For acolytes, Griffith, a friend of Deepak Chopra, is a spiritual guru in Saint Laurent high-tops. Her class is “my temple and my church,” says Glynis Karp, 49, a senior vice president at Ralph Lauren in New York City.

A kind of fairy dust separates the stars from the so-sos: a unique ability to make exercise an emotional, communal experience. It’s something the new breed of plugged-in, stressed-out exercisers crave now more than ever, says Pirkko Markula, Ph.D., professor in socio-cultural studies at the University of Alberta. “In our urbanized society, there’s less opportunity to form social bonds,” she says. “People work long hours and have no time to get to know people outside of work. Fitness classes can be a way of finding a community.”

In the end, sculpting muscles and scorching calories are just a bonus. “I don’t go to Stacey to work off the cake I ate last night,” says Karp. “I go because I walk out thinking, I can be a better mother, a better wife, a better boss, a better friend. I don’t get that level of inspiration from another instructor.” —M.R.

## STACEY GRIFFITH

CONTINUED FROM 101

Not many people could turn the chorus of a disco song into a potentially transformative mantra, but it’s all in a day’s work for Stacey G, as she’s known to her SoulCycle fans, of which there are many: 200-plus per day, more than

space like she’s on stage. It’s the feeling that Griffith believes in you, the rider. And it’s those well-timed one-liners. The fact that she *doesn’t even ride a bike* only speaks to her power as a performer and motivator. (After injuring her

**“WHAT DO YOU WANT? WHAT’S NEXT? WHAT’S YOUR DREAM? PUT IT ON THE HANDLEBARS AND WE’LL CLIMB ON IT.”**

1,000 per week, at up to \$70 a ride. Her classes sell out in seconds online; her students follow her from the Upper East Side to TriBeCa, and beyond: One L.A.-based disciple flies cross-country to Spin with her twice a month. Last year, Oprah, the ultimate seal of approval for all things awesome and inspirational, brought Griffith on her Life You Want Weekend, in which she led crowds of 15,000 in mock rides from their arena seats.

Why? In a word, charisma. It’s the way Griffith moves around the candlelit room, swinging her hips, calling out riders by name and claiming her

knee in a ski accident years ago, she began teaching from the floor; another instructor demos the moves.)

Griffith started her fitness career in West Hollywood as a trainer and Spin instructor. Eventually, she moved to the Hamptons, where Elizabeth Cutler, SoulCycle’s cofounder, took her class and recruited her as the second hire. “Back then, I taught more from my ego. I would flash my abs. Now I don’t teach from that ‘try to be like me’ place,” says Griffith. “People cry in my class every day. I make them feel like it’s safe to let their feelings out.” —T.B.

## SIGNATURE STACEY MOVES

**TAP BACK** On a stationary bike, stand on pedals with hands toward top of handlebars. Engage abs and slowly curl hips back, tapping glutes to back of seat. Release abs and pop back up to start. Continue for 30 seconds to beat of music for duration of song, taking 30-second breaks.

**QUICK FIRE** While pedaling, place hands toward bottom of handlebars and drop right elbow toward resistance knob, squeezing right obliques. Repeat on left side. Continue for 30 seconds to beat for duration of song, taking 30-second breaks.

**PUSH-UP** Standing or sitting on bike, keep hips back and engage core while bending elbows to lower and raise upper body over handlebars. Continue for 30 seconds to beat for duration of song, taking 30-second breaks.

**CLIMB** Standing or sitting on bike, add enough resistance to feel it in glutes and hamstrings. Close eyes and set an intention (to let go of frustration, for example). Pedal until end of song.



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WHY I...

# IRONMAN

By **MIRINDA CARFRAE**, 34, three-time Ironman World Champion, competing for her fourth title in Kona, Hawaii, on October 10

2.4

## MILES I'LL SWIM

The swim is less than an hour, which isn't much compared to how long the bike and the run are. I just get it out of the way so I can really get to work.

Carfrae off the Kona shore during the Ironman World Championship

A triathlon coach noticed my running style in 1999 and thought I'd be a natural at triathlons. Finishing the first one was the hardest thing I'd ever done. But as soon as the pain went away, I wanted to feel that sense of accomplishment again. After a few years of racing, I realized I had great stamina for training. That's when doing an Ironman became a goal for me. I was very calculated about my regimen and waited 10 years to enter my first Ironman. I was nervous and scared and just wanted to survive. I finished in second place and felt so much relief. Now I've won Kona three times. My emotions do sometimes take over: If I have a bad swim or a competitor gets a big lead, it's easy to get in a negative mind-set. But I try to stay positive. Kona can be brutal, but if you complete it, you feel invincible.



On the road in St. George, Utah

112

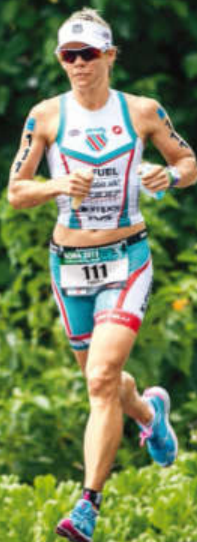
## MILES I'LL BIKE

On the bike I'm constantly doing a systems check—measuring my output, making sure I eat and hydrate, deciding whether to push harder or conserve energy.



When I conquer an Ironman, there's no other time I feel that much satisfaction and pride."

Logging miles in the Kona Ironman



26.2

## MILES I'LL RUN

I try to run as fast as I can without hurting myself. I check to make sure I can sustain the pace, because then time just flies by.

NILS NILSEN





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